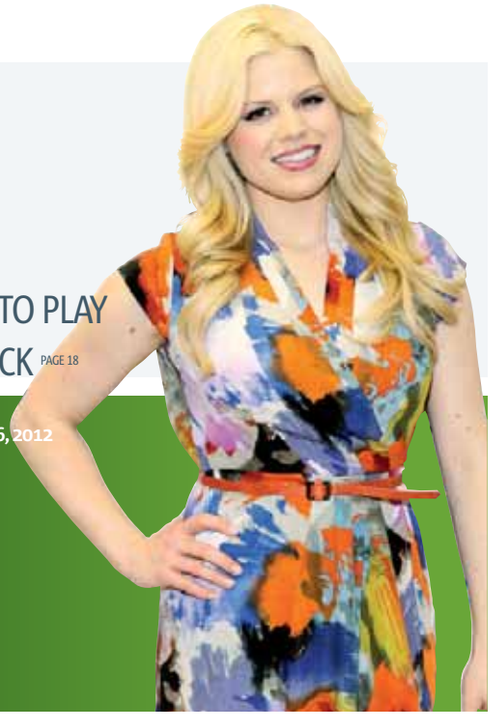
Recipe for a romantic picnic

Skillet-roasted whole chicken should provide enough meat for eight sandwiches PAGE 23

HER IVY WAS LEFT SO BLUE

MEGAN HILTY'S CHARACTER ON SMASH DIDN'T GET TO PLAY MARILYN, BUT THE CONNIVING IVY LYNN WILL BE BACK PAGE 18



OTTAWA metro®

Wednesday, June 6, 2012

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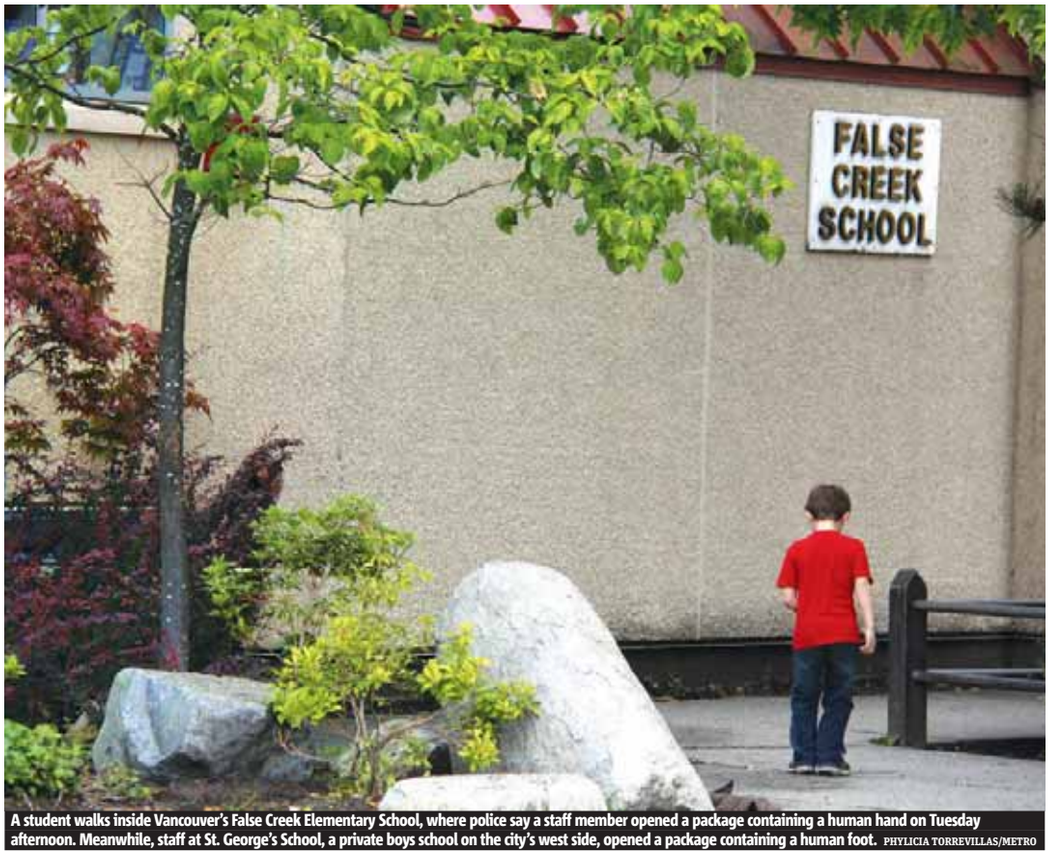
Body parts sent to B.C. schools



A student walks inside Vancouver's False Creek Elementary School, where police say a staff member opened a package containing a human hand on Tuesday afternoon. Meanwhile, staff at St. George's School, a private boys school on the city's west side, opened a package containing a human foot. PHYLICIA TORREVILLAS/METRO

Vancouver. Staff at two elementary schools open packages containing human remains

MATT KIELTYKA
Metro in Vancouver

Police in Vancouver are working with Montreal investigators after human body parts were sent to two area schools Tuesday.

Vancouver Police Department Deputy Chief Warren Lemcke confirmed the gruesome find but warned it was too early to speculate that the incident is related to the bizarre mutilation case involving the now-notorious suspect Luka Rocco Magnotta.

They also did not say whether it could be a copycat crime.

"Vancouver police are investigating two disturbing cases in which human remains were discovered in two separate packages mailed to local area schools," said Lemcke.

The first package contained a human hand and was opened by staff at False Creek Elementary School around 1 p.m. local time.

A foot was discovered inside a package about an hour later at St. George's private school, also in Vancouver.

"The remains will be examined by the coroner, and there is no indication about the identity at this stage of the investigation," said Lemcke.

Investigators' first course of action is to identify the victim and find out where the packages were mailed from.

Magnotta was the subject of an international manhunt this week after he allegedly killed a man in Montreal and mailed his body parts to political offices in Ottawa.

He was arrested in Berlin on Monday.

POLICE LOOK FOR TIES BETWEEN MAGNOTTA AND UNSOLVED MURDER, PAGE 3

Quoted

"This must have been a very, very traumatic incident for all involved at the schools who were involved in opening these packages."

Vancouver Police Department Deputy Chief Warren Lemcke

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Cops search for ties between Magnotta and unsolved murder

Linked? Gatineau police currently have no reason to believe Leblanc killing is related, but have a 'moral obligation' to investigate possibility

Montreal police are scouring archives and talking to law-enforcement colleagues elsewhere to determine whether murder suspect Luka Rocco Magnotta is tied to any other unsolved cases.

The nature of Magnotta's alleged crime — the victim's corpse was dismembered and then defiled — has given investigators a unique profile to match with other murders.

Already police in Gatineau have indicated they will contact their Montreal counterparts to look for possible connections with the 2011 slaying of Valerie Leblanc, an 18-year-old college student.

Leblanc's body was discovered in a forest behind the college she attended. The body was mutilated, burned and there were signs of severe head trauma.

"We had a distinct murder here — the murder of Valerie Leblanc — last August," Gatineau police Sgt. Jean-Paul Lemay said in an interview.

"It's part of the plan to see if there are links to be made. But it's the kind of action that is routine in this kind of murder case."

Lemay added nothing at the moment suggests Magnotta was behind the Leblanc murder.

He said Gatineau police nevertheless have a "moral obligation" to verify the possibility there may be a link.

Gatineau police released a description of a suspect last year that bears little resemblance to Magnotta. The man being sought was described as French-speaking, weighing 200 pounds and walked with a limp.

Magnotta, 29, is said to speak little French, weighs around 130 pounds and is able-bodied.

He was arrested earlier this week in Berlin for the murder of Jun Lin, a Chinese national studying in Montreal.

Magnotta told a German judge he does not plan to oppose an extradition request, which means he could be back in Canada in the near future.

In the meantime, police in Montreal will be sifting through their own files to see whether Magnotta's suspected modus operandi corresponds with any of their cold cases.

"We'll look through the files we have, both in the unsolved-crimes category and among the assault cases," said Denis Mainville, who heads the major-crimes division of the Montreal police.

THE CANADIAN PRESS

Luka Rocco Magnotta is shown in a photo released Tuesday by Montreal police. Magnotta told a judge Tuesday he will not fight his extradition from Germany to Canada, Berlin police say. CONTRIBUTED

Closure of women's shelter blow to community: Police

Nelson House counsellor Nahra Alam said staff have been kept in the dark about the reasons behind the drive to close the shelter.

GRAHAM LANKTREE/METRO

A women's shelter that shut its doors last week in what its board of directors said was a temporary closure may be shuttered for good by month end.

"The closure of Nelson House, which is one of the larger shelters, would definitely have an impact," said Staff Sgt. Isobel Granger of the Ottawa police's partner-assault section. "We are already stretched in Ottawa for these services."

In an email to staff Monday night, the shelter's lawyer Celine Delorme wrote that the six-member board of directors will vote at a special meeting June 14 to cut the "minimum number of directors to three and pass a special resolution to authorize the wind down of the Corporation."

"Last week they were telling us it was a health-and-safety issue," said shelter counsellor Nahra Alam. "Now they're going ahead to close it down."

Closure would leave the city with four shelters and 15 fewer beds available to women escaping domestic violence, Alam said.

Last Thursday, 100 concerned community members packed a room at the Hintonburg Community Centre for a meeting, organized by staff, about the shelter's future.

Beth Walsh, a teacher at Cambridge Street Public School, was there and said she was driven to join the action committee to reopen the house. "As a teacher, I see first-hand the effect of violence against women," she said. "We've even referred some students' parents there."

GRAHAM LANKTREE/METRO

Meeting

- Walsh said that the community is holding another meeting on the issue at the community centre this Thursday at 7 p.m.
- So far the June 14 board of directors meeting is closed to the public, Walsh said, and staff haven't been invited or know where and when it's taking place.

1 NEWS

On the web

Betty White gets waxed

The last remaining Golden Girl, Betty White, is now memorialized in the Madame Tussauds wax museum. Watch the 90-year-old unveil her statue at metronews.ca

Mobile news

An Oregon jury has awarded $900,000 to a 49-year-old woman who claimed a 69-year-old Portland man intentionally gave her a sexually transmitted disease after they met on an online dating website. Scan the code to read more.

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WHY WEIGHT?

Oops! City should have warned about tree cutting: Councillor

Apology sought.
Glebe residents irate, block operations after contractor begins work in Lansdowne Park without notification

JOE LOFARO
joe.lofaro@metronews.ca

Coun. David Chernushenko told a livid group of Glebe residents Tuesday that he was shocked and disappointed that construction workers were chopping down trees in Lansdowne Park along Holmwood Avenue without notifying residents beforehand.

"This was not supposed to have happened this way," Chernushenko told residents amid a patch of fresh tree stumps. "This was — dare I say it — an accident, a mistake."

Chernushenko explained to the crowd that a contractor involved in the redevelopment of Lansdowne Park began work Tuesday morning without authorization.

Michael Fitzpatrick, the city's media-relations manager, said the clearing of the trees is needed to access contaminated soil for remediation and to begin preliminary work to move the park's horticulture building.

To help rectify the current situation, he has asked for a public apology from the contractor and is reminding all city contractors that no work is to move forward unless official approval is given.

He also said no further work at the Holmwood Avenue site will be done before June 11 at the earliest and affected residents must be given 48 hours' notice beforehand.

That didn't sit well with Holmwood resident Martha McKeen. She and her friend chained their two bicycles to a backhoe to effectively halt the cutting operations.

"I think that this is the start of something bigger and I want to see some serious consideration on the part of city hall and Mayor Watson," said McKeen.

Follow Joe Lofaro on Twitter @giuseppelo

Capital Ward Coun. David Chernushenko responds to upset Glebe residents Tuesday who were not notified that trees along Holmwood Avenue were going to be cut down. JOE LOFARO/METRO

$50M Casino du Lac-Leamy makeover puts visual effects in play

Kevin Taylor, general manager of the Casino du Lac-Leamy, explains the casino's renovations, which will include a multimedia ribbon suspended above the gaming floor. GRAHAM LANKTREE/METRO

A $50-million investment in the Casino du Lac-Leamy will add the razzle-dazzle of multimedia elements to the casino's decor and will position it to compete with a new gaming house set to open in Ottawa.

"This fall we're going to start up the 27-month project," said Kevin Taylor, the casino's general manager.

"We need to do an update on the decor. Since 1996 we haven't invested in decor. So it's something we need to do."

Visitors

2.8M

The number of visitors Casino du Lac-Leamy attracts annually. General manager Kevin Taylor says he believes the renovation will help increase that number to three million.

The four-phase project will see the renovation of the casino's main entrance and installation of a multimedia ribbon much like one that rings Scotiabank Place, adding colourful motion visuals to the gaming floor.

The renovation will require the demolition of the casino's interior fountains and of Bar 777.

Taylor said he believes the renovation will help increase visitor numbers to three million annually. Numbers have risen steadily to 2.8 million annually since the casino opened 16 years ago. And the casino brings in $10 million in revenue every year, he said.

Since renovation plans began more than two years ago, Taylor said the coincidence that the upgrade comes as Ottawa plans for a new casino is a case of "perfect timing."

"Competition is out there every day," he said, "so we need to cope with it."

GRAHAM LANKTREE/METRO

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Sunday Omony, 27, is a plus-size model who is active in community and humanitarian work. NOURAN ABDELLATIF/FOR METRO

Size matters not a bit to model citizen

Fashioning success. In Ottawa to visit family and continue humanitarian work, Sunday Omony says her break came when she accepted her body

NOURAN ABDELLATIF
ottawa@metronews.ca

Sunday Omony thought her modelling career was over when she gained two inches on her waist, but in reality it was just about to take off.

Omony, 27, started modelling at 16 when a scout at a career fair said she had an interesting look and her skin colour was unique.

"I never thought I could be a model at all," said Omony. "I never thought I had the look, I never thought I was as beautiful as the women I see in magazines."

For a year, Omony tried to stay a Size 4 because she wanted to succeed. She says this came from inexperience. She adopted a "miserable lifestyle" — working out daily and dieting — because she thought she had to do whatever it took to hang on to the opportunity.

That changed when she was told she had to lose a few inches from her waist. Devastated, she stopped communicating with the scout, but Omony ran into her again.

The scout told her she could be a plus-size model. Omony's been doing just that since turning 18. She says it helped her accept her body and find success. It also inspired her to become a role model for youth.

In 2004, she partnered with Calgary Bridge Foundation for Youth to create Immigrant Youth Empowerment Society, an after-school literacy program.

"What I wanted to do was to show kids in my community there are role models ... that look like them and create a positive environment for diverse youth to connect," said Omony.

She's also a spokesperson for Hearts 4 Peace, an organization that facilitates peace-building workshops for war-affected youth and families from Uganda to teach forgiveness and help them move on.

"It's been absolutely amazing," said Omony. "Hearts 4 Peace has opened up a lot of great doors for me as well. And for them to take me on and believe in me and the things that I'm doing I think is remarkable."

Sunday Omony

- Born April 15, 1985
- Originally from Kitgum, Uganda
- Moved to Canada at the age of five
- Eldest of five children
- Speaks Atcholi
- Majoring in communication and culture at the University of Calgary

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Suspects held

Stolen tractor landed in it

Thieves used a crappy hiding spot to stash a stolen tractor: Mounties found the tractor in a giant pile of manure 4.5 metres deep.

They hired an excavator to dig out the $300,000 tractor, which had been stolen from a business.

The RCMP in Fisher Branch, 150 kilometres northwest of Winnipeg, have two suspects in custody. A 24-year-old man and a 22-year-old woman have been charged with possession of stolen property. The man also has been charged with theft.

SHANE GIBSON/METRO WINNIPEG

Non-stop debate

Tories in danger, NDP warns

Opposition parties are planning to force several days of non-stop Commons votes on amendments to the Harper government's massive omnibus bill.

The government has put itself in peril by cramming controversial changes to some 70 different laws into the 400-plus-page budget bill, NDP House leader Nathan Cullen warns.

THE CANADIAN PRESS

$12.6 million

Women fall out over lottery win

A woman's claim for half of a $12.6 million lottery jackpot will go to a full trial, a B.C. Supreme Court judge has ruled.

The Lotto 6/49 ticket was bought in Surrey, B.C., by Maria Fehr. But Fehr's business partner at the time, Maria Ganguin, says the ticket was purchased using funds from their catering business.

THE CANADIAN PRESS

Smart fur

It feels just like man's best friend

Petting an animal has long been known to decrease stress. Now Anna Flagg, a University of B.C. graduate student, has developed a "smart fur" that could let people allergic to animals or hospital patients get the same benefits of having a live pet. METRO

Freedom may not be far off for ex-doc who stabbed kids

Crime. Guy Turcotte, who murdered his two tots while they slept, will gradually face fewer restrictions at psychiatric hospital

Guy Turcotte holds daughter Anne-Sophie in an undated photo.

HANDOUT PHOTO/LA PRESSE/THE CANADIAN PRESS

A former Quebec doctor who stabbed his two children 46 times but was found not criminally responsible must remain at a psychiatric hospital.

But Guy Turcotte will gradually be allowed more freedom.

Five experts ruled Tuesday that Turcotte must stay detained for at least six more months, but will be allowed some escorted outings.

They said the trips can be suspended if Turcotte's mental state deteriorates or if public safety is threatened.

After five months, he will be allowed to leave unescorted up to 16 hours a day and can stay overnight with family members

The mental-health panel "concludes that the accused remains very fragile," says a 17-page ruling.

In February 2009, Turcotte stabbed five-year-old Olivier and three-year-old Anne-Sophie nearly four dozen times as they slept in their beds.

He was charged with two counts of first-degree murder, but a jury found him not criminally responsible, a verdict that sparked an outcry.

THE CANADIAN PRESS

What a photo op!

Taxpayers on the hook for $47,000

A news conference to announce a plan to buy 65 stealth fighters was a real high-flyer, it was revealed Tuesday.

It cost taxpayers more than $47,000.

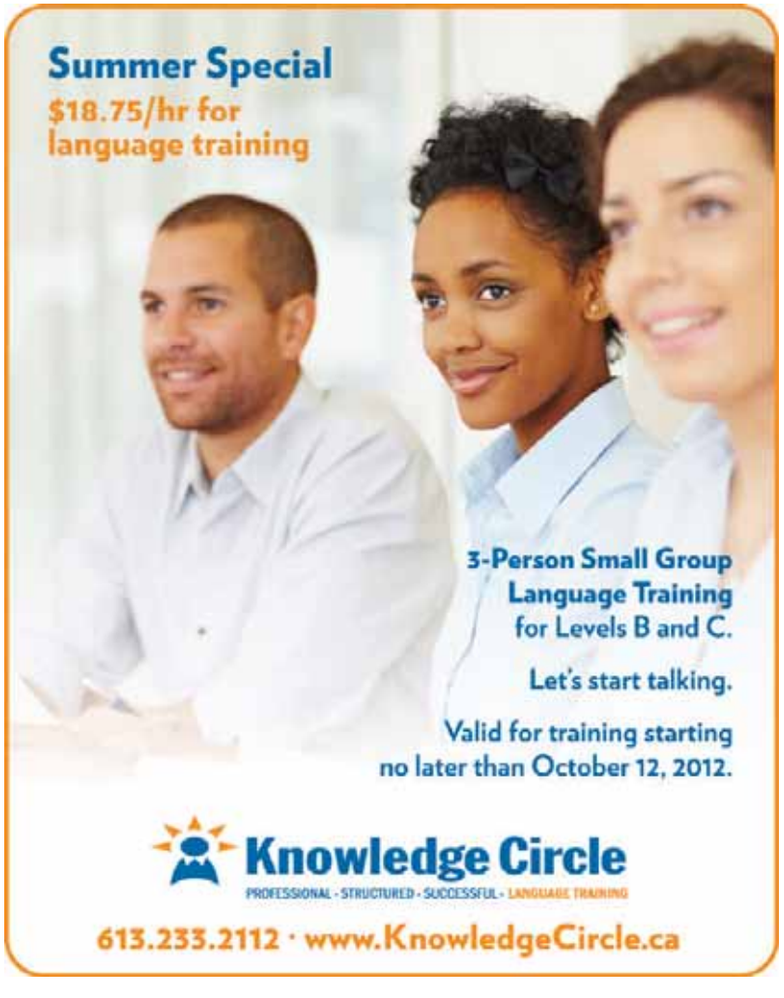
The figure was revealed by Defence Minister Peter MacKay in a written response.

Liberal defence critic John McKay wanted details about the 2010 event, which saw MacKay pose with an F-35 mock-up.

Jay Paxton, a spokesperson for MacKay, says almost half of the $47,313 spent by National Defence went to an audio-visual company that helped stage the event.

The Liberals' McKay responded: "I think in the military they call it the hero shot. This was 47 grand for the minister to park his posterior in the airplane and smile for cameras."

THE CANADIAN PRESS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Feds to ban key ingredient in 'bath salts' drug

Miami attack. MDPV use linked to bizarre face-chewing incident

A vial holding the drug "bath salts" is seen following a news conference in Ottawa on Tuesday.
ADRIAN WYLD/THE CANADIAN PRESS

The Conservative government is moving to ban a controversial street drug linked to the grisly attack in Florida in which an assailant chewed off a portion of a man's face.

The government plans to regulate MDPV, a key ingredient in the drug known as "bath salts," Health Minister Leona Aglukkaq told a news conference Tuesday.

"This action shows our government's commitment to protecting the health and safety of Canadians from this dangerous substance," Aglukkaq said.

"This action helps give law enforcement the tools they need to keep our streets safe from this new and emerging drug that ruins lives and causes havoc in communities across the country."

The drug, which resembles a harmless bath additive, has gained notoriety since the vicious May 26 attack in Miami, where police shot and killed a man who tore his victim's face apart with his teeth.

Media reports suggest police and medical experts believe the bizarre attack was fuelled by MDPV, which police say is marketed as a form of ecstasy.

Aglukkaq says the government intends to add the drug to the Controlled Drugs and Substances Act, placing it in the same category as heroin and cocaine.

Experts say the drug mimics the effects of certain stimulants, causing agitation and increased heart rate and blood pressure — as well as paranoia, hallucinations and aggressive behaviour.

THE CANADIAN PRESS

Protest panda denounces mask bylaw

Anarchopanda, a regular at the Quebec student protests, arrives at the Montreal courthouse on Tuesday to protest a Montreal bylaw on the wearing of masks during demonstrations.
GRAHAM HUGHES/THE CANADIAN PRESS

Provincial law forcing schools to allow 'gay' student clubs passes final reading

The Liberal government's controversial anti-bullying legislation has passed third and final reading with the support of the NDP.

The Conservatives opposed the Accepting Schools Act, saying the government has no business telling schools they must allow students to form clubs called gay-straight alliances.

Catholic church leaders complained the legislation will force them to accept student clubs that go against their faith. But Premier Dalton McGuinty says he's convinced Catholic educators and parents will soon accept that the goal of the law is to make schools safe and accepting places for all kids.

McGuinty says the issue of protecting kids transcends any one faith and partisan politics, but stopped short of accusing the Tories of homophobia for opposing the bill.

The New Democrats pushed to have the Liberal bill amended to make sure students could use the word "gay" in the name of their anti-homophobia clubs.

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Nigeria mourns, suspends airline's licence

Fear. Greater numbers of people living and working near landing strip are at risk

Mourners silently walked between rows of the dead from a plane crash in Nigeria that killed the 153 people aboard the airliner and others on the ground, peering into burned faces in hopes of claiming the remains of their loved ones on Tuesday.

Those in grief passed by more than a dozen bodies able to be recognized by sight alone in a Lagos hospital parking lot. Onlookers wore surgical masks to block out the smell. As family members softly wept and held each other, Nigeria's government announced Tuesday it has indefinitely suspended Dana Air's licence, grounding the carrier that operated the MD-83 airplane that crashed in the country's largest city and now faces widespread public anger.

"We are without eyes," said Jennifer Enanana, as she sobbed in the parking lot over the death of her younger brother in the crash. She had lost another brother within the year. "We don't have anybody that will protect us that can stand like a man and defend us. Dana stole him."

The MD-83 went down about nine kilometres from Lagos' Murtala Muhammed International Airport. The area has grown dramatically over the decades, as Lagos surges toward becoming the largest city in Africa.

That population pressure has seen homes, business and industrial sites shoot up along the approach route used by aircraft. The population there is at risk with many aviation disasters in Nigeria over the last two decades.

THE ASSOCIATED PRESS

A rescue worker walks past the wreckage of a plane in Lagos, Nigeria, Monday. SUNDAY ALAMBA/THE ASSOCIATED PRESS

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Syria. Aid workers let into conflict sites

Syria agreed to allow aid workers and supply convoys into four of its hardest-hit provinces, where at least one million people are in urgent need of aid because of injuries from the bloody civil conflict or the loss of homes and jobs, officials said Tuesday.

President Bashar Assad's government pledged in a written agreement to ease humanitarian access to the provinces even as the regime plunged itself into further international isolation by labelling a string of U.S. and European diplomats as unwelcome.

The deal requires Syria to provide visas to allow in an unspecified number of aid workers from nine UN agencies and seven other non-governmental organizations, and to cut through the bureaucratic red tape that has blocked convoys from delivering critically needed food, medicine and other supplies, said John Ging, operations director for the UN Office for the Coordination of Humanitarian Affairs.

But officials were quick to caution they will not declare success until the Assad regime delivers on its promises. Ging said he hopes it will be "days, not weeks" before the workers start filtering in and aid is delivered to the provinces of Daraa, Deir el-Zour, Homs and Idlib.

"Whether this is a breakthrough or not will be evident in the coming days and weeks and it will be measured not in rhetoric, not in agreements, but in action on the ground," Ging told reporters after emerging from a closed-door session in Geneva to discuss the dire humanitarian situation in Syria. THE ASSOCIATED PRESS

Breakdown

Syria's relations with the West have quickly eroded.

- **Last week.** Western countries expel Syrian diplomats after the Houla massacre, which they blame on pro-regime forces.
- **Tuesday.** Syria reciprocated by barring Western diplomats from entry.
- **Later Tuesday.** The UN launched the Syrian Humanitarian Forum to negotiate for access.

Norway

Extremists defend Breivik at trial

A handful of Norwegian right-wing extremists testified Tuesday in self-confessed killer Anders Behring Breivik's defence, backing his claims that Norway is "at war" with Islam.

The 33-year-old fears his ideology could be undermined if he is declared insane. Defence lawyers attempted to show that while there are people who share Breivik's world view, they are not declared mentally ill for doing so.

"Norway is at war," Tore Tvedt, a far-right extremist who has been convicted for his published anti-Semitic statements, told the court. THE ASSOCIATED PRESS

Egypt

Mubarak grows ill days after verdict

The health of ousted Egyptian president Hosni Mubarak deteriorated sharply on Tuesday, three days after a court sentenced him to life imprisonment in connection to killing of protesters, a security official said.

The official at Cairo's Torah prison said that Mubarak collapsed several times and that he was placed on mechanical ventilation after having difficulty breathing. He says the ousted president's condition worsened after a visit by his wife Suzanne Mubarak on Monday, who sobbed and cried after seeing Mubarak in a prison blue suit. THE ASSOCIATED PRESS

Eww! Spider invasion leaves villagers in fear

Panic in India.
But witch doctors' treatments may be worse than the hairy creatures' bites, officials say

Is this hairy spider a new species of tarantula? THE ASSOCIATED PRESS

Giant biting spiders are sparking a creepy-crawly panic in remote northeast India.

But health authorities fear the primitive treatment of the bites' painful swelling may be more dangerous than the spiders themselves.

Two people died in Tinsukia after witch doctors used razor blades to drain the wounds.

It's not known whether the victims died from spider poison or from the attempted treatment. Local magistrate Kishore Thakuria said the victims were cremated before autopsies could be done.

Another seven bite victims have been treated with antibiotics against infection after they also tried themselves to drain their wounds, said Dr. Anil Phapowali at the local Sadiya town hospital.

The hairy spiders were noticed about a month ago across Tinsukia district's grassy plains and dense jungle forests north of the Brahmaputra River.

Ecologist L.R. Saikia at Assam's Dibrugarh University said it may be a previously unknown species of tarantula.

"It looks like a new species. We haven't been able to identify it," he said Tuesday.

Meanwhile, villagers are keeping lamps on at night and standing guard against spiders entering their mud-and-thatch huts.

THE ASSOCIATED PRESS

Fishing traps

9,000-year-old undersea find?

Swedish marine archeologists say they have found what they believe could be the world's oldest stationary fishing traps on the bottom of the Baltic Sea, with the most ancient dating back at least 9,000 years.

Arne Sjostrom, an archeologist at Sodertorn University outside Stockholm, says the remains of the seven basket traps, made out of hazel rods fastened together, have been found in a submerged ancient river valley off Sweden's southern coast at a depth of 5-12 metres.

THE ASSOCIATED PRESS

Cruise firm's error

Vodka added to tot's orange juice

A company that manages a Hawaii dinner cruise says it mistakenly served alcohol to a three-year-old boy.

Army Spc. Bingyan Cai says her son Michael's orange juice contained vodka last month.

She noticed her son turning red, acting unruly and mumbling.

The family received nearly $300 as a refund for the dinner cruise.

THE ASSOCIATED PRESS

Vapour trails of adulation

Britain's Royal Air Force Red Arrows fly in formation over Buckingham Palace in London on Tuesday to celebrate Queen Elizabeth's diamond jubilee. Royal Family members watched in awe as they stood on the palace balcony, and crowds gazed upwards as they lined surrounding streets. Also Tuesday, pealing church bells and crowds cheering "God save the Queen" greeted the monarch as she arrived for a service at St. Paul's Cathedral.

PETER MACDIARMID/THE ASSOCIATED PRESS

Canada's richest aren't all bankers and brokers: Study

Top one per cent. Only a small portion of the country's highest salary earners work in finance, despite being the target of Occupy protesters

To be considered in Canada's richest one per cent, you need to make at least $230,000 a year. You're most likely male, have a university degree and work longer-than-average hours.

But you're not necessarily a banker or Bay Street investment broker — the primary targets of the Occupy protest movement — a new study by a group of economists at the University of British Columbia found.

Only 10 per cent of Canada's richest work in the financial industry, the study found. The rest are doctors, dentists, vets and corporate managers.

"In the eyes of many, the culprits are to be found at the very place where the Occupy movement started: on Wall Street, or our own Bay Street," the study said. "But there are just not enough investment bankers and high-flying stock brokers to fill the ranks of the 275,000 individuals in the top one per cent."

The top one per cent of Canadians now controls 14 per cent of total income, the paper found, noting that they enjoyed just eight per cent in the 1970s.

"Such an uneven distribution of income has not been seen since the dark days of the Great Depression when it reached an all-time high of 18 per cent," the paper notes.

It found that despite impressive wage gains made by women over the past few decades, the top one per cent of income earners is overwhelmingly (82.5 per cent) male. On average, they earn $450,000 a year versus $36,000 for the other 99 per cent.

TORSTAR NEWS SERVICE

The richest one per cent

Occupy Bay Street protest in Toronto last October. CHRIS YOUNG/THE CANADIAN PRESS

- **Earnings:** $452,887/year
- **Gender:** 82.7 per cent male
- **Work:** 50+ hours/week
- **Age:** 35 to 64 years
- **Occupation:** Senior management, doctors, dentists, vets, finance professionals

Ultrabook takes on iPad

Taiwan's struggling computer makers are promoting a new generation of ultra-thin laptops that might be their last hope of turning back the seemingly unstoppable momentum of Apple's iPad and other hot-selling tablets. The brainchild of Intel Corp., the laptop-tablet hybrid known as Ultrabook is only 20 mm thick. Taipei's Computex, the world's second-largest computer show, displayed more than a dozen 12- to 17-inch Ultrabook models powered by Intel's new generation of "Ivy Bridge" processors, which were unveiled in April.

CHIANG YING-YING/THE ASSOCIATED PRESS

Economy

Global conditions have weakened: Bank of Canada

The Bank of Canada is holding off on raising interest rates for a while longer — perhaps a lot longer — citing worsening global conditions and an uneven Canadian recovery that is not quite as strong as advertised.

The decision to keep the bank's overnight rate at one per cent was widely expected.

THE CANADIAN PRESS

Market Minute

DOLLAR 96.34¢ US (+0.16¢ US)

TSX 11,507.71 (+171.94)

OIL $84.29 US (+31¢ US)

GOLD $1,616.90 US (+$3 US)

Natural gas: $2.45 US (+3.1¢ US)
Dow Jones: 12.127.95 (+26.49)

Cuba could lose trademark in rum war with U.S.

A man works on the assembly line at the Havana Club rum factory in Havana in this 2010 file photo. FRANKLIN REYES/THE ASSOCIATED PRESS

There was the Cold War, the Bay of Pigs and the Cuban Missile Crisis, and there is still no end in sight to U.S.-Cuban animosity.

Now a bitter dispute over a sweet-tasting spirit appears to be nearing an end after more than a decade of legal wrangling.

Time and again, U.S. courts have ruled against Cuba in its fight to control the U.S. rights to the trademark Havana Club, the island's flagship rum brand that is sold in more than 120 countries around the world — but not in the United States.

By mid-June, Cuba could lose all chance of pressing its legal claims against Bacardi, which distributes a limited quantity of its own Havana Club rum in Florida and says it plans to expand to other states in the near future.

Indignant over what it considers wholesale piracy of a national icon, Cuba accuses the U.S. of using an under-the-radar manoeuvre to block it from paying the small patent-renewal fee, and has raised its concerns at increasingly high levels of government.

If the patent expires, Cuba says it could retaliate toward U.S. trademarks currently protected on the island.

Such retaliation might have limited immediate impact, as most U.S. goods are barred from being sold to the island under the 50-year-old U.S. embargo.

But there are some legal sales of food items, and companies could also face tough and costly legal battles to win back their trademark rights in a post-embargo Cuba.

THE ASSOCIATED PRESS

Havana Club

Cuba has held the trademark there since 1976 after the Cuban family that originally owned the brand let their registration lapse.

- But since it came time to renew in 2006, Cuba says it has been unable to do so because the U.S. Treasury Department has not issued a license for Havana to make the $200 renewal payment.

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Acquisition. Google buys popular Quickoffice app

Google is buying Quickoffice, the maker of a widely used mobile application for working on documents created in Microsoft's programs for word processing, spreadsheets and presentations.

The deal announced Tuesday gives Google Inc. more tools to undercut Microsoft Corp., one of its biggest rivals, as more people get work done on smartphones and tablet computers.

Quickoffice makes those devices compatible with Microsoft Office even if the software suite isn't installed on them.

By the numbers

400M

More than 400 million devices are currently equipped with the Quickoffice app, which costs $15 to $20.

The Quickoffice app works on several types of devices, including Apple's iPhone and iPad and those running Google's Android software.

Financial terms of the acquisition weren't disclosed.

THE ASSOCIATED PRESS

Natural gas. Shell backs new pipeline in B.C.

TransCanada Corp. said Tuesday it has been chosen by Shell Canada Ltd. to build, own and operate a $4-billion natural-gas pipeline across northern British Columbia.

The Calgary-based company said the pipeline will transport natural gas from the Montney region in northeastern B.C. to a liquefied-natural-gas export facility near Kitimat, B.C.

The Coastal GasLink pipeline is expected to run about 700 kilometres, with an estimated initial capacity of 1.7 billion cubic feet per day. An estimated 2,000 to 2,500 jobs will be created to construct the line over two to three years.

Kitimat is also the endpoint for the $5.5-billion Northern Gateway pipeline project, which proposes to transport from Alberta's oilsands to the B.C. coast through a 1,100-kilometre pipeline.

Northern Gateway, which is backed by Enbridge, has been criticized by environmental groups, First Nations and B.C.'s Opposition New Democrats. THE CANADIAN PRESS

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THE FETCHING WAYS OF CLEO THE RETRIEVER

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Now and then, someone comes into your life and then is gone again.

But not before she leaves muddy footprints all over your heart …

It has been five years almost to the day that we had to put down our golden retriever, Cleo. She had cancer.

The night before she died, we decided to have a Cleofest.

We did all her favourite things. We went down to the creek at the end of the street. When we were both younger dogs, we would run the trails along the creek, stopping on the way to play the Stupid Rock Game.

Cleo was a retriever, but as time went on she increasingly relied on symbolic fetching. In The Stupid Rock Game, I threw a stone in the water, and Cleo nodded half-heartedly in the direction of the stone. Repeat ad nauseam. She could play the game all day, as I had to do the throwing. After a while I'd get tired of the Stupid Rock Game, and start to walk away. That would be her cue to plunge her head into the water, stay under for an alarming period of time, and then emerge, triumphant, with a giant rock in her jaws, which she would dump at my feet, a symbol for all the little rocks she refused to retrieve.

The Stupid Rock Game

"I threw a stone in the water, and Cleo nodded half-heartedly in the direction of the stone. Repeat ad nauseam. She could play the game all day, as I had to do the throwing."

On her last night, she came up with one mighty fine rock.

On the way back home, she managed to find something smelly to roll in — bonus — and when we got home my daughter got out the whipped cream in a spray can and gave her a mighty dose. If all dogs go to heaven, she was there a night early.

I don't know about your dog, but Cleo was The Best Dog Ever. She had the knack of making each person around her feel as if they were the one she loved best. Some dogs are one-person dogs; others are members of a family pack. Cleo was a world dog, the Chevy Cruze of dogs. She even loved postal workers.

She wasn't fussy: She even liked me. I'd be trying to read, ignoring the dog, even as she went through her entire repertoire of attractive-dog tricks: Baleful-puppy-stare-great-thumping-tail-roll-over-shake-a-paw-woof-impatiently. When none of that worked, she stuck her nose under my free hand and petted herself. Resourceful dog.

She even liked going to the vet. And this last time she must have thought: This is great. The guy gets to pat my head while they give me this needle.

Or maybe she knew. She knew everything else worth knowing.

She died with her head in my hands.

Weird news

Turkey break-in ruffles feathers

A LaSalle, Ont., resident arrived home Saturday evening to a smashed window, a mess in his living room and an unexpected feathery intruder waiting on his couch.

The break-and-enter was the doing of a giant turkey, which also left "poop" and "a blood spot the size of a 50-cent piece" in their living room.

Ken Stroud, 70, who had been out with his wife that day, was the first to spot the 18-inch hole in their window. He initially thought someone had thrown a rock into their house, and walked unsuspectingly into his dark living room — until he saw something move.

"It's a wild turkey and it's sitting on the arm of my chesterfield," said Stroud about his calm 25-pound intruder. "He was sitting there as if he lived there.

"The wife was hysterical," said Stroud, who guarded his wife Mary while she made her way into one of the rooms.

Stroud says the humane society captured the bird quickly, with just a net and blanket. They've been told the bird is doing well and will be released back into the wild.

PHOEBE HO/FOR METRO

Last-place finish, first-class sportsmanship

MIKE ULLERY/PIQUA DAILY CALL/THE ASSOCIATED PRESS

Running the good race

Athlete pushes flagging rival over finish line

Meghan Vogel of West Liberty-Salem, right, helps Arden McMath of Arlington to the finish line after McMath collapsed yards short in the DIII 3,200-metre final of the Ohio High School Athletic Association state track meet at Jesse Owens Stadium in Columbus, Ohio, last Saturday.

THE ASSOCIATED PRESS

She ain't heavy

- **Vogel had won an earlier race, but was in last place in the 3,200-metre run as she caught up to McMath, whose body was giving out.**
- **Instead of zipping past McMath to avoid the last-place finish, Vogel put McMath's arm around her shoulders, dragged her the final few metres and pushed her competitor over the finish line before crossing it herself.**

On the right track

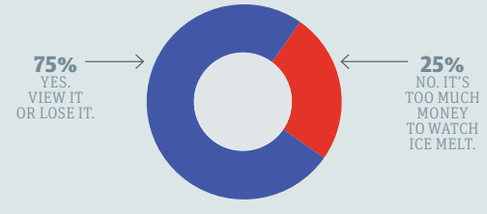
20

Number of metres Vogel hauled McMath before sending her opponent over the finish line first.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you support a proposal to the federal government for the use of unmanned drones in Arctic surveillance?



Twitter

@EvaCraves
I could swear every second person in Ottawa smokes weed

@KatherineIrwin
bye bye ottawa, #OFSAA was fun!

@SlowAsFranklin
Happy birthday @mikefisher1212 !!! Miss you up here in Ottawa :)

@joshbrunetta
Nothing beats the smell of flowers along the canal in Ottawa during the summer

@natsprat44
Capital Hoedown, I have been waiting all weekend for the answer.. Please be the one I'm waiting for :)

@dad_ems
Viewing the Venus transit... have a feeling I won't be around in 2117 to watch it again so getting my fix in now! :)

metro

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ADVERTISEMENT

"For years, I suffered from unbearable stiffness and swelling in my hands"

"How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally."**

He then spoke the words that would change my life. "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was over joyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!

Jaudon Sunde, Micropigmentation Specialist, says that "Nopalea has been a life-saver in every sense of the word."*

I also found out that the betalains in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

But don't believe me. You must try this drink for yourself. If you're suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you'll agree that it's the best thing that's happened to you in a long, long time.

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2

SCENE

Scene in brief

Whitney Houston's mother to pen memoir

Whitney Houston's triumphant, heartbreaking life is being remembered in a book by her mother, singer Cissy Houston. Houston has a deal with HarperCollins for a memoir it says will reveal the story of her Grammy Award-winning daughter, who died in a Beverly Hills, Calif., hotel bathtub in February at age 48. HarperCollins announced Monday that the book is scheduled to come out next February. A portion of the proceeds will be donated to the New Hope Baptist Church in Newark, N.J., where Whitney Houston sang as a child and where her funeral was held.

THE ASSOCIATED PRESS

On the web

U.S. terminates funding for Pakistani 'Sesame Street' amid reports of corruption

Michael Fassbender plays David 8, a synthetic human automaton ancestor of Alien's Ash, in the upcoming film Prometheus. HANDOUT

Prometheus, a prequel or not a prequel to Alien?

Space opera. Screenwriters call Ridley Scott's newest film 'an Alien/Blade Runner mash-up'

IN FOCUS
Richard Crouse
scene@metronews.ca

Prometheus, a prequel, or not a prequel? That is the question.

It's a query many have made about the new Ridley Scott space opera. The trailer looks and feels like a chronological cousin to his 1979 classic sci-fi horror epic Alien but the director denies it is a prequel.

Here's what we know. When Scott sat down to write Prometheus (with screenwriters Jon Spaihts and Damon Lindelof, who calls it "an Alien/Blade Runner mash-up") he had a prequel in mind featuring Xenomorphs, the acid-tongued space baddies who gave the first movie its name, and the giant dead alien nicknamed Space Jockey. But then he veered off into something larger; mankind's origin story.

"Out of the creative process emerged a new, grand mythology," he said. "The keen fan will recognize strands of Alien's DNA ... but the ideas tackled in this film are unique, far-reaching and provocative."

Still, Prometheus, which is set in the same universe as Alien, seems to provide the backstory which points forward to the original film.

Firstly, Prometheus is set in 2085, 37 years before the Weyland-Yutani Corporation (which also appears in Prometheus, simply as The Weyland Corporation) sent the commercial towing spaceship Nostromo on its fateful trip from Thedus to Earth in Alien.

Next, while the Xenomorphs may not appear in the acid-spitting form we're used to — "The sequels squeezed him dry," Scott says, "no way am I going back there" — they aren't completely absent. Artist H.R. Giger, who created the beasts in the first film, was brought back to "reverse-engineer the design of the Aliens in the film" to create a Xenomorph forbearer.

Also, Michael Fassbender plays David 8, a synthetic human automaton ancestor of Alien's Ash.

Further evidence came in a trailer that shows star Noomi Rapace standing in front of two unworn Space Jockey suits, suits which will soon be donned, perhaps, by the hapless space jockey seen in Alien.

Finally Scott promises a scene to equal the horror of Alien's "chest-burster" mind-blower, in which an alien parasite exploded out of John Hurt's torso. It's an iconic moment that no prequel could be without, right?

"There is a scene that could be called the equivalent of that in this film," Scott admits.

Even though the prequel debate rages on, the one thing nobody is questioning is how exciting it is to have Ridley Scott back in the sci-fi genre after a 33-year gap.

Japandroids fly high with new disc

Celebration Rock. The same style but a new confidence — indie rockers return with second album

Sometimes, an indie band riding a maelstrom of hype from a rough-hewn debut will get a little carried away on a sophomore record — producers are hired, edges are polished, bloat is tolerated. Not so for Japandroids.

Following breakthrough noise-pop pounder Post-Nothing, the band changed virtually nothing. Celebration Rock — in stores now — features the same two people recording in the same Vancouver studio with the same engineer wrapping the same number of songs in the same comfortable coat of fuzz. In a bizarre coincidence, it even has almost the same run-time, differing by only 30 seconds.

And it sure is fitting for a group that has made its name on anthems of arrested adolescence to greet musical maturity with stubborn defiance. But frontman Brian King says the band had simply grown so much in the past three years since releasing its debut, it didn't need to change anything else.

Most important of all? The man who describes the band's breakout debut as "sort of an accident" says he finally became confident in what the duo was doing.

"When we were first starting ... we literally had no idea what we were doing. Arguably, we still don't," King said in a recent telephone interview from Vancouver.

"(But) we were confident that we had gotten so much better at not only writing songs, but also just playing our instruments ... and that coupled with the fact that Jesse (Gander) is a light-years-better recording engineer now than he was three years ago, we just knew we didn't need to change the formula to make a better record.

"It was just inherently going to be better if we just went and did the same thing."

And, it would seem, they were right. Early reviews have been every bit as breathless as the last-night-on-earth exigency featured on the album, with taste-making Chicago zine Pitchfork lavishing the "awe-inspiring" record with its rare "best new music" distinction and Rolling Stone calling the disc "one of the year's most thrilling rock records."

Quoted

"It was just inherently going to be better if we just went and did the same thing."
Brian King on Japandroids' new album

So yes, it'll all be familiar to fans of the duo's superlative debut. Guitars are strummed furiously, King hollers as if he can't physically contain the words any longer and somehow the band arrives at pop bliss more often than not, particularly on the wistful Younger Us and downright belligerent The House That Heaven Built.

Everything is urgent, everything is of the utmost importance. Every night seems to linger perilously on the brink between celebration and catastrophe. With Japandroids, there is no in-between, though this set certainly reflects King's desire to hedge on the side of positivity.

The Japandroids say they didn't need to change the formula to make a better record. THE CANADIAN PRESS/HANDOUT

People who like it and don't like it will probably offer the same feedback — every song sounds the same — and that doesn't ruffle King. "It's very easy for us to recognize that while we might only do one thing well, we do do that one thing pretty well," King said cheerfully.

THE CANADIAN PRESS

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Actress Megan Hilty from Smash arrives for the NBC network upfront presentation at Radio City Music Hall in New York on May 14. The recent season finale of the show had fans questioning the fate of Hilty's conniving character.

EVAN AGOSTINI/THE ASSOCIATED PRESS

Smash star Megan Hilty says her troubled character will be back

Upcoming lineup. NBC show's season finale sees exit of past characters, but will open the door for newcomers next season

The recent season finale of Smash had fans questioning the fate of Megan Hilty's conniving character after — spoiler alert! — she lost the part of Marilyn Monroe and was seen in her dressing room with a bunch of pills in her hand.

But Hilty assures we haven't seen the end of troubled Ivy.

"It's a good sign that I'm here," Hilty said with a laugh in an interview at CTV's downtown Toronto studio on Thursday as the network, which airs Smash in Canada, unveiled its upcoming lineup.

"I will be back but I don't know in what capacity. I'm not quite sure what the storylines will be but I know I'll be back, probably causing a lot more drama next season."

When asked about reports that series co-stars Brian d'Arcy James and Will Chase are leaving the show, Hilty said: "Yeah, that's what I read, too."

"And I've talked to them all and stuff and unfortunately it is a part of our business, and it's something (the characters) deal with on Smash even," said Hilty. "But just because people are gone now doesn't mean they can't come back later, so nothing's ever definite."

Hilty performed a medley with actor Cheyenne Jackson on June 4 as part of the fundraiser "Barack on Broadway" featuring U.S. President Barack Obama and former President Bill Clinton, in New York.

When she returns to the set of Smash, she's hoping her character "can have a small victory," she said.

TH CANADIAN PRESS

Cast overhaul

Some characters won't be returning on a regular basis for Season 2 of the NBC series, about the making of the fictional Monroe musical Bombshell on Broadway.

- They include fired personal assistant Ellis (Jaime Cepero) and Dev (Raza Jaffrey), fiancé to lead character Karen (Katherine McPhee), said Hilty.
- The cast overhaul comes after Smash creator and show runner Theresa Rebeck recently announced she's leaving the series to pursue other projects. Her replacement is Josh Safran.

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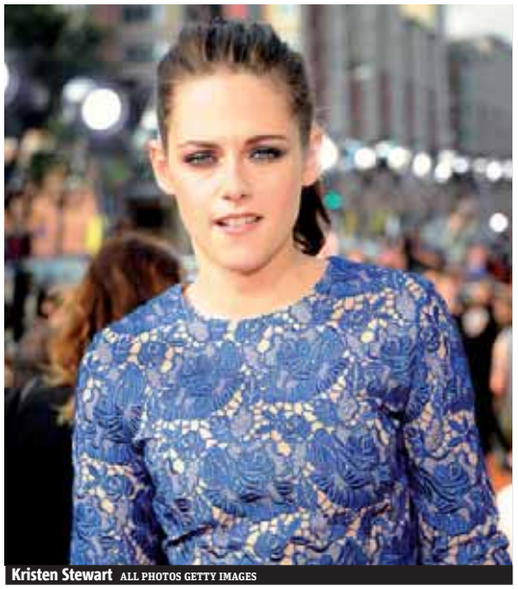
Lady Gaga ALL PHOTOS GETTY IMAGES

She's still gaga over Taylor Kinney

The breakup between Lady Gaga and boyfriend Taylor Kinney apparently didn't last, as Kinney has been spotted alongside the touring singer in Thailand and Singapore, according to Us Weekly. "They sure looked like they were back together — holding hands and being cute everywhere they went," a source says. "They were seen kissing right as they got into the hotel elevator." The couple had split after 10 months of dating because of Gaga's busy tour itinerary, but apparently they couldn't stand being apart. "They are going to try and make it work even with her crazy schedule," says a source close to the singer. "Gaga realized she missed him."



Kristen Stewart ALL PHOTOS GETTY IMAGES

Kristen Stewart dishes on fame

Kristen Stewart has gotten used to life in the spotlight, but she still remembers the day it all started, right around the release of the first Twilight movies. "You can Google my name and one of the first things that comes up is images of me sitting on my front porch smoking a pipe with my ex-boyfriend and my dog. It was taken the day the movie came out. I was no one. I was a kid. I had just turned 18," Stewart tells Vanity Fair. "The next day it was like I was a delinquent slimy idiot, whereas I'm kind of a weirdo, creative Valley Girl who smokes pot. Big deal. But that changed my daily life instantly. I didn't go out in my underwear anymore."

Measha Brueggergosman expecting a baby

Grammy-nominated Canadian soprano Measha Brueggergosman has announced that she's pregnant and expecting a baby boy at the end of the summer. A representative for the 34-year-old Fredericton native, recently seen as a judge on Canada's Got Talent, confirmed the news via email. The rep also confirmed that Brueggergosman has reconciled with husband Markus Brueggergosman after a brief separation. The news comes after a turbulent few years for the Juno-winning singer.

THE CANADIAN PRESS

Twitter

@Joan_Rivers
Madonna launched her world tour in Tel Aviv and she looks great...for a woman only 10 years younger than the State of Israel.

@justinbieber
note to self don't leave twitter open and unattended!

@joelmchale
My spirit animal got out again. If you see him (he's probably by some turned garage cans) he responds to the name Týr & speaks old English.

@SarahKSilverman
Call clowns what they really are- smiling murderers

Jason Alexander apologizes for 'gay game' remark

Former Seinfeld star Jason Alexander is offering an apology for his comments about cricket, which he called "a gay game" during an interview with Craig Ferguson. "A few of my Twitter followers made me aware that they were both gay and offended by the joke. And truthfully, I could not understand why," Alexander posted to Twitter. "And the worst part is, I should know better. My daily life is filled with gay men and women, both socially and professionally. I am profoundly aware of the challenges these friends of mine face and I have openly advocated on their behalf. So, I can only apologize and I do."

Quoted

"I should know better. My daily life is filled with gay men and women, both socially and professionally."
Jason Alexander

Jason Alexander

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Gwyneth Paltrow seeks tweet justice

THE WORD
Monica Weymouth
scene@metronews.ca

Gwyneth Paltrow has spent the past couple days dealing with the fallout over her now infamous tweet from a Jay-Z and Kanye West concert in France.

(Your day doesn't include petty Twitter arguments? Fascinating. We'll catch you up: she tweeted a photo of herself dancing on stage with the rappers and a caption that read "N***as in paris for real.")

Most people weren't buying Paltrow's initial argument that the caption was a harmless play on a song title from the Jay-Z/West album Watch the Throne — probably because she runs a "lifestyle" blog and starred in Shakespeare in Love.

But now The-Dream has jumped in to defend the actress, claiming that he took the photo from her phone and also sent the offending tweet.

"Fyi Sorry for the Confu I typed Ni**as in paris for real from Gwens Phone my bad I was Fkd up please excuse it! We were lit!" the rapper posted to his own Twitter page.

Now, we're going to let Twitter and The-Dream sort out who is allowed to say what words and when — real issues aren't really this page's department. Plus, we think there's a bigger question here: where does drinking backstage at a Jay-Z concert fit into Mrs. Coldplay's aggressively calculated Whitest Girl in Yoga Pants resumé? Jay, you might want to get someone on this.

3 LIFE

Travel in brief

App aims to keep travellers healthy

A new app might prove useful to Canadians heading out on a road trip this summer and seeking timely health-related information along the way. The free app for Apple devices offers up-to-date details on public health and environmental advisories across the country, says its developer Health & Safety Watch Inc. "Everything can change very rapidly — for example a destination that had safe drinking water when you left on your road trip may actually be under a boil water advisory by the time you arrive," says Jeff Aramini, company president and a former Health Canada senior public health epidemiologist. The app shows local data based on a user's location. A search function also lets you plug in your itinerary. The information comes from a variety of government agencies and departments. Among the listings are product, food and drug recalls across Canada, as well as public health inspection results for restaurants in Toronto.

THE CANADIAN PRESS

On the web

Gerhard Richter, among world's top-selling artists, opens his biggest exhibit to date in Paris

Whether you're a fan of The Lion King, Pocahontas, everything Disney has ever made or nothing at all, Disneyland has attractions as tailor-made as Cinderella's glass slipper. Between the options at Disneyland and California Adventure, both in Anaheim, Calif., there is enough variety to entertain even the most skeptical of adult visitors.

METRO WORLD NEWS

5 Disneyland experiences

For the sci-fi fan

Fly through the stars at Space Mountain. For nearly three minutes, the rollercoaster hurtles, corkscrews and twists its way through the indoor track, lit only by the stars as you soar through the darkness of space. Built in 1977, this timeless coaster is a cornerstone of Disneyland's futuristic — and kitschy — Tomorrowland. A stone's throw from Space Mountain is Star Tours: The Adventures Continue, a technological world away from Space Mountain. This 3D ride, guided by C-3PO, allows you to be a space tourist.

For the film enthusiast

Now referred to as a "tribute" to Michael Jackson, Captain EO is still being screened at Disneyland. The 3D film was directed by Francis Ford Coppola and features Jackson using song and dance to transform the evil Supreme Leader into a beautiful woman — played by Angelica Houston.

Located near the entrance of California Adventure, Soarin' Over California takes its audience on a high-flying tour of the state — from the coast to the mountains. A cantilever lifts the seated audience into the air and into a concaved video screen that makes you feel like you are flying high above some of the state's best-known features.

For the happily spooked

It's not very scary, but the Haunted Mansion can still attract a crowd. Sitting in Doom Buggies, you are taken on a tour of the mansion and introduced to some of the scary spectres that call the old plantation house home.

For a modern scare, It's Tough to be a Bug gives you an up-close look at the creepy, crawly characters that live all around us. Not only is the show in 3D thanks to the Bug Eyes provided, but it also features stinky smells, spraying water, and seats wired to give you a creepy-crawling feeling that the bugs are too close for comfort.

For the wannabe sailor

One of the park's oldest attractions, the Jungle Cruise in Adventureland, takes you on a boat tour of a reptile-filled river. The cruise is led by a Disney cast member, who provides commentary as your steamer passes by animatronic elephants, snakes and monkeys. Pirates of the Caribbean, another original attraction, got an update just as the hit films came out. This ride features appearances by Captain Jack Sparrow and other characters you'll recognize from the movie.

For the kid at heart

No trip to Disneyland is complete without a visit to it's a Small World — the much lauded animatronics-filled boat ride through the cultures of the world. Warning: You will have the song stuck on continuing loop for the remainder of your trip.

For a modern small world, visit Toy Story Midway Mania. The 4D ride features spinning vehicles that take you from one screen to another. At each stop you try to hit Toy Story-related targets that pop up on the screens.

Car Land drives in June 15

When it opens on June 15, Car Land will be the newest attraction at Disney's California Adventure. Built around Radiator Springs' main drag, rides include Mater's Junkyard Jamboree, Luigi's Flying Tires and Radiator Springs Racers. Visit disneyland.disney.go.com. PHOTOS: DISNEY

Elite club

Disneyland — behind the scenes

There is only one place in Disneyland where you can drink alcohol, but you need to be a member to get in.

Located at 33 Royal St. in New Orleans Square is Club 33 — a members-only club where VIPs have been dining since the park was opened.

A secret buzzer gets you entry to a small foyer, and once inside you can take an antique glass elevator or stairs to the second floor dining rooms, decorated with objects from several Disney films.

Disney recently announced a number of people on the 800-name, decade-long waiting list would be offered club memberships for $25,000 and annual dues of $10,000.

Located above the fire hall near the park entrance is a private apartment that belonged to Walt Disney.

It was from there that Disney himself oversaw the building of the park, and watched its 1955 dedication.

It's a small apartment, accessible only by going "backstage" (to the off-limits area of the park).

Almost unchanged from the days Disney lived there with his wife, Lillian, the apartment features two sofas that turn into beds, a small kitchenette with a grilled-cheese maker and a under-counter fridge. A light is kept lit in the window that faces Main Street U.S.A. as a tribute to Disney.

METRO

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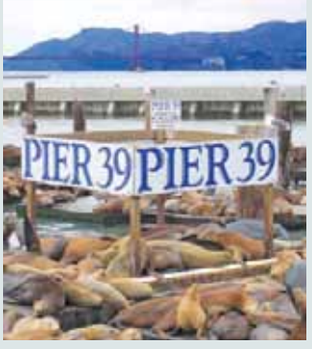
Three days in San Francisco

There is a reason why San Francisco still has the power to amaze visitors. From the heights of the Golden Gate Bridge, to the hairpin turns of Lombard Street, the city by the bay is ripe with sights and sounds to awe even the most seasoned traveller. Whether you are there for one, two or three days, there is always something interesting to see and do.

METRO WORLD NEWS

Day One



Morning: Begin your day with a visit to the Ferry Building Market Place and Farmers Market. Grab a latte at Peet's Coffee and Tea and take a walk along the waterfront before stopping at Scharffen Berger Chocolate Maker to pick up one of their signature 70 per cent bittersweet chocolate bars. Follow it up with a trip to Pier 39 and Fisherman's Wharf, and watch sea lions sun themselves. Or grab tickets for a boat tour of the harbour or trip to Alcatraz, the historic prison located a few hundred meters off shore. fishermanswharf.org

Afternoon: Have lunch on the outdoor patio of Café Flore, located on Market Street in the Castro area. Spend the afternoon visiting the historic community, once home to Harvey Milk, the first openly gay man elected to public office. From there, visit Haight-Ashbury, ground central of the 1967 Summer of Love, before heading to the de Young Museum in Golden Gate Park, which is currently featuring an exhibit on Jean Paul Gaultier, and is also home to an observatory tower with panoramic views of the city. deyoung.famsf.org

Evening: Enjoy a Remember the Maine cocktail at The Burritt Room, located inside the Mystic Hotel by Charlie Palmer. The 79-room boutique hotel recently opened near Union Square, and its film noir-inspired bar and restaurant features hand-crafted signature drinks. The Burritt also provides room service to the guests of the black, white and red-decorated hotel. charliepalmer.com

Day Two

Morning: Opened in 2009, the Walt Disney Family Museum offers a behind-the-mouse look at the man responsible for some of the world's most cherished family films. The well-laid out museum includes exhibits on the Disney family, the inspiration behind Walt's creations, and a look at his legacy. You'll even learn about the Disney family's Canadian connection: they used to have a homestead in the Goderich-Ont., area. disney.go.com

Afternoon: The museum is located in the Presidio, an area of the city that was once a military instillation but is now being developed commercially and residentially. It's home to Crissy Field, an environmental education centre, and the Golden Gate Bridge. To mark the bridge's 75th anniversary, a brand new pavilion has been built to house a gift shop and interpretive exhibits. There's also a green screen photo area, where visitors can have their photo taken and superimposed on a part of the bridge usually off-limits to the public. goldengatebridge.org

Evening: Enjoy a meal at trendy Urban Tavern, located in the Hilton San Francisco Union Square. The gastro pub is popular with visitors to the city and locals alike. Be sure to check out the full-size horse sculpture near the centre of the restaurant. A local artist who welded together tractor, motorcycle and automobile parts made it. urbantavernsf.com

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Day Three

Morning: Spend your morning in Muir Woods National Monument where you can stroll along paths lined by centuries-old redwoods. Located on the northern side of the harbour, you can either rent a car and drive the winding path to the park, or jump on one of the tour buses that travel from San Francisco to the woods — like popular Extranomical Tours. Head out in the morning to beat the crowds and watch as the sun rises higher in the sky, causing water to steam off the wooden paths and buildings. extranomical.com

Afternoon: From the park, drive to the Sanoma and Napa valleys, where you can tour a number of the wineries and taste some of their vintages before buying a bottle or two. Make sure to have lunch at The Girl and the Fig in Sonoma. Its gastronomical creations are made using local ingredients, and for a light lunch try a plate of local artisan cheeses paired with a bottle of wine. thegirlandthefig.com

Evening: End your stay in San Francisco with a visit to the historic Westin St Francis, one of the oldest hotels in the city. Located in Union Square, the hotel is home to Chateau Montelena tasting room, where you can enjoy a glass of Sauvignon Blanc before dining at Michael Mina's Bourbon Steakhouse – also located in the St. Francis. westinstfrancis.com

You've broiled it, you've deep fried it, but have you tried roasting it lately?

Ingredients

Of course this recipe also works for a weeknight dinner. The chicken comes out terrifically moist and tender. And because the chicken is flattened before it is cooked, it is finished much faster than traditional roasting methods.

Here's what you'll need:

- 4-pound whole chicken
- 1 tablespoon kosher salt
- 1 tablespoon garlic powder
- 1/2 tablespoon dried thyme
- 1/2 tablespoon ground black pepper
- **Prep time from start to finish.** 50 minutes (10 minutes active).
- **Servings.** 8.

My recipe for a romantic picnic? A roasted chicken with sandwich trimmings.

Roll with me on this one. It's easy and totally appropriate.

You start out by following my couldn't-be-easier recipe for cast-iron skillet roasted whole chicken. The gist is that you split the bird at the backbone (technically called spatchcocking, but that just seems inappropriate in this context), sear it breast side down on the stovetop, then flip the bird and finish it in the oven.

When the chicken is cooked, you let it cool, then you cover it and refrigerate it right from the pan. You even can do the roasting the night before.

Instructions:

1. Heat the oven to 425 F.

2. Place the chicken on the cutting board breast side down. Use sturdy kitchen shears to cut down the length of the spine on both sides. Discard the spine. Turn the bird breast side up. Gripping the 2 cut sides where the spine used to be, open up the bird, pressing down firmly at the centre to flatten it.

3. In a small bowl, mix together the salt, garlic powder, thyme and pepper. Rub the mixture evenly over the entire chicken.

4. Set a large cast-iron skillet on a burner over medium-high. When the skillet it hot, add the chicken breast side down. Let the chicken brown for 5 minutes, then use tongs to carefully flip the bird so the breast side is up. Set the skillet in the oven and roast for 30 to 40 minutes, or until the thickest part reaches 165 F.

5. Remove the chicken from the oven. Either serve immediately or let cool and refrigerate for use in a picnic as described above.

J.M. HIRSCH/THE ASSOCIATED PRESS

Put this in your picnic basket (sans cast-iron skillet, of course)

A four-pound chicken should provide enough meat for eight sandwiches. MATTHEW MEAD/THE ASSOCIATED PRESS

Cocktail of the Week

Fresh and fruity almond smoothie

Let this crisp and fruity drink give you a smart morning start, or drink it as an afternoon snack to keep hunger at bay.

Robust Raspberry Almond Smoothie
(Makes 6 servings)

Ingredients:
2 cups almond milk
1, 12-oz package frozen raspberries
2 medium bananas, cut into chunks
2-3 tbsp honey
½ tsp almond extract
3 tbsp almond butter
½ cup vanilla soy ice cream
12 fresh raspberries (optional)

Directions:
Combine all ingredients in a blender; whirl until smooth. Pour into 6 glasses and garnish with fresh raspberries if desired.

ALMOND BOARD OF CALIFORNIA

Your creamy potato salad can be a guilt-free barbecue hit

So you're having a barbecue and you want to keep it at least a little healthy.

You've got the lean chicken breasts marinating and ready for the grill. You've got a colorful tossed salad filled with the season's bounty. You've got corn on the cob for grilling and fresh watermelon and strawberries for nibbling. That's a good start.

But you also know that no summer barbecue is complete without a creamy and rich potato salad. Except you also know just how unhealthy a potato salad smothered in mayonnaise can be. The good news is that you can enjoy a great potato salad without sacrificing your commitment to healthy eating.

Here are our tips for making that happen.

First, make sure you leave the skins on the potatoes. Potato skins contain much of the potatoes' fibre, as well heaps of vitamins and minerals, including a crazy amount of potassium (even more than bananas).

Second, replace the commonly added hard-boiled egg. While eggs do add plenty of protein, if you're barbecuing it's unlikely that protein deprivation is your problem. And egg yolks also add plenty of unnecessary fat. So we replaced the egg with chopped canned artichoke hearts, which have a similar texture and a wonderfully subtle flavour that complements the potatoes.

1. Place the potatoes in a large pot, then add enough cool water to cover by 1 inch. Add 1 teaspoon of salt, then bring to a boil and cook for 10 to 15 minutes, or until just tender when pierced with a fork. Drain the potatoes and spread out on a rimmed baking sheet. Sprinkle with the vinegar and set aside to cool.

2. Meanwhile, in a large bowl, combine the yogurt, sour cream, scallions, mustard, dill, thyme and garlic powder. Season with salt and pepper, to taste. Stir in the pimentos, artichoke bottoms and celery. Once the potatoes have cooled, gently stir in until thoroughly coated. Chill until ready to serve.

THE ASSOCIATED PRESS

Ingredients

Here's what you'll need:

- 2 pounds red potatoes, cubed
- Salt
- 1 tablespoon white balsamic vinegar
- 5.3-ounce container fat-free plain Greek yogurt
- 1/4 cup low-fat sour cream
- 3 scallions, thinly sliced
- 1 tablespoon Dijon mustard
- 2 teaspoons minced fresh dill
- 2 teaspoons minced fresh thyme
- 1/4 teaspoon garlic powder
- Ground black pepper
- 4-ounce jar chopped pimentos
- 14-ounce can artichoke bottoms, drained
- 2 ribs celery, diced

Artichokes work in place of eggs in this healthier potato salad. THE ASSOCIATED PRESS

Perfect picnic pleasure. Bruschetta couscous salad

Finally, bruschetta made portable. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

Start to finish: 30 minutes

- 16 ounces Israeli couscous
- 1/2 small red onion, finely diced
- 3 cloves of garlic, minced
- 3 ribs celery, finely diced
- 20 ounces cocktail tomatoes, quartered
- 1/2 cup fresh basil leaves, torn
- 1/2 cup grated Parmesan cheese
- 1 cup small fresh mozzarella balls
- 1/4 cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- Salt and ground black pepper

1. Cook the couscous according to package directions. Allow to cool. In a large bowl, combine the cooled couscous with the red onion, garlic, celery, tomatoes, basil, Parmesan, mozzarella, olive oil and vinegar. Stir to combine, then season with salt and black pepper.

2. The salad can be served immediately, but the flavours improve if it is allowed to sit for 30 minutes. Serves 10.

THE ASSOCIATED PRESS

Parents, I'm not getting paid

Labour sans the loonies. It's not exactly what you want for Junior right now, but let's weigh the benefits

LEAH RUEHLICKE
TalentEgg.ca

The interview you have with your child about their internship may be just important as the one they'll secure because of the unpaid role. ISTOCK

Your child just found their dream internship and your nightmare of a compensation guarantee: unpaid. But unpaid internships, although daunting at first, can be an extremely beneficial (and integral) step in your child's career path.

Stephanie Reid, an executive assistant at BlueCat Networks and mother of two unpaid interns, once had her own hesitations about the working-for-free lifestyle. However, as her two children gained invaluable work experience and turned their internships into success stories, she realized the value of the unpaid internship.

"It's not the same if an intern is doing solitary photocopying all day and thus not learning anything or meeting people," she says. Luckily both of her children interned at organizations related to their own career aspirations.

"I know we are very lucky to be able to do this," Reid says. "If I knew what I know now, I would have suggested to my kids and all of their friends that they start putting money aside for an opportunity like this as soon as they enter high school, even."

Reid offers the following tips and advice to fellow parents struggling with the idea of their child embarking upon an unpaid position:

• Evaluate the internship. Internships are beneficial only if your child is learning career-related skills, making industry connections and utilizing the education they have.

• Internships can show your child what they actually want to do. "After hearing about how many kids change course, I guess the main thing I was hoping for was confirmation that they were on the right track at school — or not — and getting the chance to fix that quickly," Reid adds.

• Set a timeline. Agree with your child that you'll re-evaluate how things are going in four months, for example, to ensure that they are benefitting from their internship and, if they aren't, to begin exploring new paths.

• Encourage your child to secure extra hours at their paid, part-time jobs in order to compensate for the money they aren't making while interning.

• Accept that things take time. Reid's son found his three-month internship extended for another three months and, after discussing the difficulties of continuing down the unpaid path, both realized that three months isn't necessarily long enough to prove yourself to an employer.

LEAH RUEHLICKE IS A MARKETING/EDITORIAL ASSISTANT AT TALENTEGG, AND A RECENT CULTURAL STUDIES AND ENGLISH GRADUATE FROM TRENT UNIVERSITY. TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES.

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@TalentEgg: What do your parents think about your summer job/internship/co-op?

@CarlieMcC
My parents appreciate that I'm getting experience in a field I enjoy, they just wish I was making money! #intern

@theYingWang
my parents can't understand that tweeting at people all day constitutes a proper internship; they're happy for me nonetheless!

@cheapstudents
They are really glad I am getting the experience while completing my degree.

@ShabShah
my parents are quite happy I got a great co-op (especially my mom b/c I'm living at home - she has extra help around the house!)

@cassruggiero
They are happy I am getting experience, but wish i was paid enough to not live paycheque to paycheque!

@Roshan_Singh
My parents believe that summer jobs/internships/co-op positions aren't helpful for finding my career job

@ncliteur
my parents are very excited that I'm moving to Moscow to experience a new culture and get experience abroad.

@tricia_bernardo
my parents don't fully understand what I do for my summer job, they're just glad it's close to home and that I love it!

Pushy parents

Helicopter parent horror stories:

- "One parent wanted to sit in during the interview."
- "A parent called a politician to push me to hire his son."
- "A parent came by my desk and told me that he expected his daughter to get preference for a position since he was a manager at the company."

Office Team Canada survey

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Summer of the search: Back home and hunting

Welcome back! You've returned to the roost and now it's time to land a local job. But how?

ISHANI NATH
TalentEgg.ca

"Always have a resumé on hand if something catches your eye." ISTOCK

Home may be where the heart is, but it's not necessarily where the best summer jobs are. After ploughing through a busy semester, you've headed from student house to hometown for a summer of rent-free living and a few home-cooked meals. Unfortunately, when students are only in town for a few months, it can be hard to find employment.

Ideally, you started early. Hit the Internet hard, applied to government positions and local listings. But times are tough, and with the youth unemployment rate at 13.9 per cent, maybe you weren't able to land summer jobs.

If you now find yourself back in the dinosaur sheets of your childhood bed with no job to get you up in the morning, there are still some things that you can do.

Do some digging

This late in the season, you'll have to employ some seriously old school methods to get a job. Find a local company that you want to work for and contact their HR department directly to see if they have any openings. Scan your local paper and community bulletin boards for any job notices and keep an eye out for "help wanted" signs around town. Always have a resumé on hand if something catches your eye.

Hometown helpers

As The Beatles once crooned, we get by with a little help from our friends. If you're back in your hometown, use the networks you created before university. Reach out to your family and friends, send emails with your resumé attached and let people know what you're looking for. Additionally, call up people you've worked for or volunteered with before you went away to university.

ISHANI NATH IS AN ASPIRING WRITER WHO IS LEARNING THE COMPLEXITIES OF THE CRAFT IN RYERSON UNIVERSITY'S MASTER'S OF JOURNALISM PROGRAM. TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES.

Student Voice

University trumped by college

HaoRan Chen
Graduate
Double Bachelor of Arts in Economics and Sociology
McMaster University

TalentEgg.ca

Since graduating and starting the job hunt, which has not been very successful at all, I was just offered my first phone interview less than a week ago.

The day following the interview I became very anxious and nervous to hear the results, which turned out not to be so positive.

Most jobs require experience, but for graduates like me who did not have the opportunity to get an internship or co-op during the four years at university due to the absence of a co-op program, these experiences are minimal.

After seeing many of my friends delay job hunting by going back to school, either by attending college or graduate programs, I have realized that university is not all it has been made out to be.

When speaking with professionals who are established in the job market, they always ask me which I think is more valuable: university or college?

After putting much thought into this question I realized that college helps its students by providing hands-on opportunities both in school and outside of school with co-ops and internships. Most university students however, are stuck with the knowledge that we gathered from our textbooks. So which do I think is more valuable? College of course.

Employers favour those individuals with hands-on experience and not just with the knowledge that exists in textbooks. Even though university does possess a better environment during our education, it definitely does not help us when we graduate. Even though universities do provide career workshops and seminars (and I have been to quite a few), many of them do not provide information that we haven't heard a million times in the past.

For many graduates, the jobs that are available are those in customer service and general labour, which under "requirements" often state that a high school diploma is all that is required. If that was all we needed to get these jobs, why did we go to university? Sometimes even these jobs do not want us because we are "over qualified."

While still looking for a job to start my career I can say truthfully that job hunting is not easy and it might take up to a year for new graduates to start off their careers, and I often ask myself: How is this fair? Why are university students who were looked up to in the past now struggling to compete with others who have less education?

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

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4 SPORTS

NHL

"I'm certainly a better coach now than I was 10 or 15 years ago. I learned a lot about myself. I learned a lot about the game, too."

Michel Therrien, who said he believes he will be a better, wiser coach than he was in his first stint behind the Montreal Canadiens bench. New general manager Marc Bergevin named Therrien as head coach on Tuesday. Therrien took over behind the Habs bench during the 2000-01 season and left midway through 2002-03. Since then, Therrien has coached in the AHL, reached a Stanley Cup final with the Pittsburgh Penguins, done pro scouting and, most recently, worked as a Canadiens television analyst.

Soccer

Euro money stacks up to World Cup's

The European Championship begins Friday boasting the numbers to back its reputation as one of the world's elite sporting events. UEFA will earn commercial revenues of at least $1.6 billion US for the 16-team tournament in Poland and Ukraine, rivaling FIFA's 32-nation World Cup for average match value. With each match expected to draw an average television audience of 150 million fans worldwide, Euro 2012 will bring a near-daily diet of ratings bigger than the Super Bowl.

THE ASSOCIATED PRESS

On the web

Fresh off his first national championship with Kentucky, John Calipari is coaching the Dominican Republic basketball team in an attempt to qualify for the Olympics this summer. Scan the code for the story.

'Playing on another planet'

Kings defenceman Willie Mitchell congratulates goalie Jonathan Quick after Game 3 on Monday in Los Angeles. HARRY HOW/THE ASSOCIATED PRESS FILE

NHL. Quick likely to run away with Conn Smythe trophy after historic post-season for Kings

Jonathan Quick has set the bar so high for himself, his Los Angeles Kings teammates can barely see it.

"He's playing on another planet," forward Jarret Stoll said Tuesday. "That's what he expects."

The 26-year-old American has put together a post-season that is taking on historical proportions. As the Kings entered Wednesday's Game 4 against New Jersey with a chance to win the Stanley Cup, Quick sat poised to post some of the best playoff statistics in NHL history.

In the process, he's completely eliminated any debate there might be about who deserves to take home the Conn Smythe Trophy as playoff MVP.

"In these playoffs, every game he's been on," said Hockey Hall of Famer Luc Robitaille, the Kings' president of business operations. "He's been very, very special."

The Devils have been unable to find a way to solve him. As one-sided as the Stanley Cup final seems right now, it likely wouldn't have looked that way if not for the performance of Quick.

He's been particularly sharp early in games during this series, giving the Kings a chance to get more comfortable while planting seeds of doubt in the minds of Devils players.

"We're creating as many chances this round as we had against the Rangers the prior round — we're not finishing," said Devils coach Pete DeBoer. "He's played very well.... We've never been able to grab momentum, (score the) first goal, at a critical time."

Added veteran Devils goalie Martin Brodeur: "We've got to find ways to score."

Quick has been a cornerstone for the Kings for three seasons, but this is the first one where he's commanded national attention. A little shy and short with answers, he comes across as someone who wouldn't mind getting his anonymity back.

But that's unlikely now that he has a chance to match Tim Thomas' trophy haul of a year ago by winning the Stanley Cup, Conn Smythe and the Vezina Trophy as the NHL's top goalie.

THE CANADIAN PRESS

By the numbers

.950

Jonathan Quick's .950 save percentage in the playoffs would rank him first all-time and his 1.36 goals-against average would be better than any goaltender in the last 52 years.

Brown-Parise

Cup captains show further growth in U.S.

It has happened only once in NHL history, but it will definitely happen again: An American captain will hoist the Stanley Cup.

Whether it's the Kings' Dustin Brown of Ithaca, N.Y., or Zach Parise of Minneapolis doing it in the event of a New Jersey comeback, it's a sign of the rise of American hockey.

"It's one more statement about the particular development of our sport and our program in America," said Dave Ogrean, executive director of USA Hockey.

Parise and Brown were both 14 years old when Derian Hatcher, of Sterling Heights, Mich., led the Dallas Stars to the Stanley Cup over the Buffalo Sabres in 1999. TORSTAR NEWS SERVICE

Dustin Brown and Zach Parise
GETTY IMAGES FILE

Never-say-die Djokovic on to semifinal

As the evening air swirled, and raindrops fell, and the thousands of spectators pulling for his opponent hushed, Novak Djokovic stood a single point from exiting the French Open.

A single point from losing the chance to pursue a fourth consecutive Grand Slam title, something no man has done in 43 years.

But Djokovic came through Tuesday, taking that crucial point against France's Jo-Wilfried Tsonga in the quarter-finals at Roland Garros thanks to an overhead that skimmed off the baseline to set up a put-away volley.

All told, Djokovic faced four match points against Tsonga and won each one.

Djokovic won his 26th Grand Slam match in a row, coming back to beat the fifth-seeded Tsonga 6-1, 5-7, 5-7, 7-6 (6), 6-1 to set up a rematch against 16-time major champion Roger Federer. A year ago in the semifinals at the French Open, Federer ended Djokovic's 43-match winning streak, the last time the Serb lost at one of tennis' four Grand Slams.

"If you're playing a top player, a home favourite, and you have a crowd that's supporting him, you have to face these things," said the No. 1-ranked Djokovic. "Physically, we're all fit, all hitting the ball well.... The one that mentally pushes more in some moments — and gets a bit lucky — gets the win." THE ASSOCIATED PRESS

Roger dodges defeat

Roger Federer also fashioned a come-from-behind victory on Tuesday.

- He dropped the first two sets before getting past No. 9 Juan Martin del Potro of Argentina 3-6, 6-7 (4), 6-2, 6-0, 6-3.

Novak Djokovic celebrates winning his match against Jo-Wilfried Tsonga in Paris on Tuesday. MICHEL EULER/THE ASSOCIATED PRESS

NHL

Cloutier added to Flames' staff

Jacques Cloutier has joined the Calgary Flames coaching staff as Bob Hartley's assistant. The former Quebec Nordiques goalie was Hartley's assistant last season with the Zurich Lions of the Swiss elite league.

THE CANADIAN PRESS

MLB

Lasorda stable after heart attack

Hall of Fame manager Tom Lasorda was hospitalized in stable condition Tuesday, a day after the 84-year-old had a "mild" heart attack while representing the Los Angeles Dodgers at the draft.

THE ASSOCIATED PRESS

Tommy Lasorda
THE ASSOCIATED PRESS FILE

NBA

Moore absent due to wife's illness

San Jose Shark Dominic Moore said he missed playoff games because his wife has a rare form of liver cancer. Moore explained his absence from two playoff games in April in a statement Tuesday.

THE ASSOCIATED PRESS

NBA

"I think we have the right game plan. We just need to play a little better for a little longer."

Tim Duncan, whose Spurs trail the Thunder 3-2 in the Western Conference finals after a 108-103 loss on Monday night.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Tampa Bay	31	23	.574	—
Baltimore	30	24	.556	1
New York	29	24	.547	1½
Boston	28	26	.519	3
Toronto	28	26	.519	3

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	31	23	.574	—
Cleveland	28	25	.528	2½
Detroit	25	29	.463	6
Kansas City	23	30	.434	7½
Minnesota	21	33	.389	10

WEST DIVISION

	W	L	Pct	GB
Texas	32	23	.582	—
Los Angeles	28	28	.500	4½
Seattle	25	32	.439	8
Oakland	24	31	.436	8

Last night's results
Cleveland at Detroit
Tampa Bay at N.Y. Yankees
Baltimore at Boston
Minnesota at Kansas City
Toronto at Chicago White Sox
Seattle at L.A. Angels
Texas at Oakland
Monday's results
Minnesota 10 Kansas City 7
Oakland 12 Texas 1
Seattle 8 L.A. Angels 6
Tonight's games — All Times Eastern
Cleveland (J.Gomez 3-4) at Detroit (Scherzer 5-3), 7:05 p.m.
Tampa Bay (Cobb 2-1) at N.Y. Yankees (Nova 6-2), 7:05 p.m.
Baltimore (W.Chen 4-2) at Boston (Beckett 4-5), 7:10 p.m.
Minnesota (Blackburn 1-4) at Kansas City (F.Paulino 3-1), 8:10 p.m.
Toronto (Morrow 6-3) at Chicago White Sox (Quintana 1-0), 8:10 p.m.
Seattle (Noesi 2-6) at L.A. Angels (Williams 6-2), 10:05 p.m.
Texas (Lewis 4-4) at Oakland (Colon 4-6), 10:05 p.m.
Tomorrow's games
Cleveland at Detroit, 1:05 p.m.
Texas at Oakland, 3:35 p.m.
Tampa Bay at N.Y. Yankees, 7:05 p.m.
Baltimore at Boston, 7:10 p.m.
Toronto at Chicago White Sox, 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	30	22	.577	—
Miami	31	23	.574	—
New York	31	24	.564	½
Atlanta	29	25	.537	2
Philadelphia	28	28	.500	4

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	30	23	.566	—
Pittsburgh	27	26	.509	3
St. Louis	28	27	.509	3
Milwaukee	24	30	.444	6½
Houston	23	31	.426	7½
Chicago	18	36	.333	12½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	34	21	.618	—
San Francisco	31	24	.564	3
Arizona	25	30	.455	9
Colorado	24	30	.444	9½
San Diego	18	37	.327	16

Last night's results
L.A. Dodgers at Philadelphia
N.Y. Mets at Washington
Atlanta at Miami
Pittsburgh at Cincinnati
St. Louis at Houston
Chicago Cubs at Milwaukee
Colorado at Arizona
San Francisco at San Diego
Monday's results
Colorado 4 Arizona 0
L.A. Dodgers 4 Philadelphia 3
San Francisco 3 Chicago Cubs 2
St. Louis 5 N.Y. Mets 4
Tonight's games — All Times Eastern
San Francisco (Bumgarner 6-4) at San Diego (Richard 2-6), 6:35 p.m.
L.A. Dodgers (Capuano 7-2) at Philadelphia (K.Kendrick 2-4), 7:05 p.m.
N.Y. Mets (Hefner 1-2) at Washington (E.Jackson 1-3), 7:05 p.m.
Atlanta (Delgado 3-5) at Miami (Jo.Johnson 3-3), 7:10 p.m.
Pittsburgh (Lincoln 3-0) at Cincinnati (Cueto 5-3), 7:10 p.m.
St. Louis (Wainwright 4-6) at Houston (Norris 5-2), 8:05 p.m.
Chicago Cubs (Maholm 4-4) at Milwaukee (Greinke 6-2), 8:10 p.m.
Colorado (Outman 0-1) at Arizona (Miley 6-2), 9:40 p.m.
Tomorrow's games
L.A. Dodgers at Philadelphia, 1:05 p.m.
N.Y. Mets at Washington, 1:05 p.m.
Chicago Cubs at Milwaukee, 2:10 p.m.
San Francisco at San Diego, 3:35 p.m.
Atlanta at Miami, 7:10 p.m.
Pittsburgh at Cincinnati, 7:10 p.m.
St. Louis at Houston, 8:05 p.m.

HOCKEY

AHL PLAYOFFS

CALDER CUP FINAL

(Best of 7)
NORFOLK (E1) VS. TORONTO (W2)
(Norfolk leads series 2-0)
Saturday's result
Norfolk 4 Toronto 2
Friday's result
Norfolk 3 Toronto 1
Tomorrow's game — All Times Eastern
Norfolk at Toronto, 7 p.m.
Saturday's game
Norfolk at Toronto, 3 p.m.
Sunday's game
x-Norfolk at Toronto, 3 p.m.
Wednesday, June 13
x-Toronto at Norfolk, 7:15 p.m.
Friday, June 15
x-Toronto at Norfolk, 7:30 p.m.
x — played only if necessary.

AUTO RACING

FORMULA ONE

DRIVER'S CHAMPIONSHIP
(after sixth of 20 races)
1. Fernando Alonso, Spain, Ferrari, 76 points; 2. (tie), Sebastian Vettel, Germany, Red Bull; and Mark Webber, Australia, Red Bull, 73; 4. Lewis Hamilton, England, McLaren, 63; 5. Nico Rosberg, Germany, Mercedes, 59; 6. Kimi Raikkonen, Finland, Lotus, 51; 7. Jenson Button, England, McLaren, 45; 8. Romain Grosjean, France, Lotus, 35; 9. Pastor Maldonado, Venezuela, Williams, 29; 10. Sergio Perez, Mexico, Sauber, 22.
NEXT RACE:
Sunday — Canadian Grand Prix, Montreal

NHL PLAYOFFS

STANLEY CUP FINAL

(Best of 7)
NEW JERSEY (E6) VS.LOS ANGELES (W8)
(Los Angeles leads series 3-0)
Monday's result
Los Angeles 4 New Jersey 0
Saturday's result
Los Angeles 2 New Jersey 1 (OT)
Tonight's game — All Times Eastern
New Jersey at Los Angeles, 8 p.m.
Saturday's game
x-Los Angeles at New Jersey, 8 p.m.
Monday, June 11
x-New Jersey at Los Angeles, 8 p.m.
Wednesday, June 13
x-Los Angeles at New Jersey, 8 p.m.
x — played only if necessary.

LATE MONDAY

KINGS 4, DEVILS 0

First Period — No Scoring.
Penalties — Richards LA (elbowing) 14:35, J.Carter LA (double high-sticking) 15:36, Zidlicky NJ (tripping) 16:57.
Second Period
1. Los Angeles, Martinez 1 (King, Lewis) 5:40
2. Los Angeles, Kopitar 8 (Brown, Williams) 15:07
Penalties — Kopitar LA (holding) 6:16, Penner LA (goaltender interference) 9:41, Gagne LA (slashing) 18:30.
Third Period
3. Los Angeles, J.Carter 6 (Richards, Mitchell) 4:15 (pp)
4. Los Angeles, Williams 3 (Doughty, Kopitar) 6:47 (pp)
Penalties — Fayne NJ (cross-checking) 3:29, Zidlicky NJ (high-sticking) 5:30.
Shots on goal by

New Jersey	7	9	6	—22
Los Angeles	6	9	6	—21

Goal — New Jersey: Brodeur (L,12-8); Los Angeles: Quick (W,15-2). **Power plays (goals-chances)** — New Jersey: 0-6; Los Angeles: 2-2.
Referees — Dan O'Halloran, Brad Watson.
Linesmen — Derek Amell, Jonny Murray.
Attendance — 18,764 (18,118) at Los Angeles.

SCORING LEADERS

	G	A	PT
Kopitar, LA	8	10	18
Kovalchuk, NJ	7	11	18
Giroux, Pha	8	9	17
D.Brown, LA	7	10	17
Kopitar, LA	8	10	18
B.Richards, NYR	6	9	15
Parise, NJ	7	7	14
J.Williams, LA	3	11	14
Briere, Pha	8	5	13
Doughty, LA	3	10	13
Zajac, NJ	7	5	12
M.Richards, LA	4	8	12
Doughty, LA	3	10	13
Girardi, NYR	3	9	12
J.Williams, LA	3	11	14
J.Carter, LA	6	5	11
Gaborik, NYR	5	6	11
M.Richards, LA	4	8	12
Clarkson, NJ	3	8	11
Henrique, NJ	3	8	11
Penner, LA	3	8	11
Salvador, NJ	3	8	11
Callahan, NYR	6	4	10
J.Carter, LA	6	5	11
McDonald, StL	5	5	10
Vermette, Phx	5	5	10
Anisimov, NYR	3	7	10
Del Zotto, NYR	2	8	10
Voracek, Pha	2	8	10
J.Staal, Pgh	6	3	9
Doan, Phx	5	4	9
Ovechkin, Wash	5	4	9
B.Schenn, Pha	3	6	9
Zubrus, NJ	3	6	9

TENNIS

FRENCH OPEN

At Paris
Yesterday's results
MEN
Singles — Quarter-finals
Novak Djokovic (1), Serbia, def. Jo-Wilfried Tsonga (5), France, 6-1, 5-7, 5-7, 7-6 (6), 6-1.
Roger Federer (3), Switzerland, def. Juan Martin del Potro (9), Argentina, 3-6, 6-7 (4), 6-2, 6-0, 6-3.
Doubles — Quarter-finals
Bob and Mike Bryan (2), U.S., def. Oliver Marach, Austria, and Horacio Zeballos, Argentina, 6-1, 4-6, 6-4.
Aisam-ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (10), Netherlands, def. Michael Llodra, France, and Nenad Zimonjic (3), Serbia, 6-4, 2-1 (retired).
WOMEN
Singles — Quarter-finals
Sam Stosur (6), Australia, def. Dominika Cibulkova (15), Slovakia, 6-4, 6-1.
Sara Errani (21), Italy, def. Angelique Kerber (10), Germany, 6-3, 7-6 (2).
Doubles — Quarter-finals
Andrea Hlavackova and Lucie Hradecka (5), Czech Republic, def. Kveta Peschke, Czech Republic, and Katarina Srebotnik (2), Slovenia, 6-1, 5-7, 7-6 (4).
Maria Kirilenko and Nadia Petrova (7), Russia, def. Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, 6-3, 6-4.
MIXED DOUBLES
Quarter-finals
Elena Vesnina, Russia, and Leander Paes (5), India, def. Liezel Huber, U.S., and Max Mirnyi (1), Belarus, 4-6, 7-5, 10-5 (tiebreak).
Galina Voskoboeva, Kazakhstan, and Daniele Bracciali, Italy, def. Nuria Llagostera Vives, Spain, and Oliver Marach, Austria, 6-1, 6-2.
JUNIORS
Girl's Singles — Second Round
Taylor Townsend (1), U.S., def. **Carol Zhao, Richmond Hill, Ont.**, 6-7 (1), 7-6 (5), 6-4.
Eugenie Bouchard (7), Westmount, Que., def. Elise Mertens, Belgium, 6-2, 7-6 (4).
Doubles — First Round
Eugenie Bouchard (7), Westmount, Que., and Taylor Townsend (1), U.S., def. Justine De Sutter, Belgium, and Darya Kasatkina, Russia, 6-1, 6-2.
Francoise Abanda, Montreal, and Sachia Vickery (4), U.S., def. Zuzanna Maciejewska, Poland, and Kathinka von Deichmann, Liechtenstein, 6-3, 6-4.
Camilla Rosatello, Italy, and Ioana Loredana Rosca, Romania, def. Sabina Sharipova, Uzbekistan, and **Carol Zhao (8), Richmond Hill, Ont.**, 3-6, 7-6 (5), 10-8 (tiebreak).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	15	8	4	3	28	19	27
New York	13	8	3	2	26	18	26
Kansas City	12	8	3	1	17	10	25
Columbus	12	5	4	3	13	13	18
Chicago	13	5	5	3	15	17	18
Houston	11	4	3	4	12	12	16
New England	13	5	7	1	18	18	16
Montreal	13	3	7	3	15	21	12
Philadelphia	11	2	7	2	8	14	8
Toronto	10	1	9	0	8	21	3

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	14	9	3	2	22	14	29
San Jose	14	8	3	3	27	17	27
Seattle	13	7	3	3	16	9	24
Vancouver	12	5	3	4	13	14	19
Colorado	13	6	6	1	20	18	19
Chivas USA	13	4	6	3	9	14	15
Portland	12	3	5	4	12	15	13
Dallas	15	3	8	4	15	24	13
Los Angeles	13	3	8	2	15	21	11

Saturday's result
New England 2 Chicago 0
Sunday's game — All Times Eastern
Houston at Vancouver, 7 p.m.
Saturday, June 16
Colorado at Vancouver, 7 p.m.
Seattle at Montreal, 7:30 p.m.
Toronto at Kansas City, 8:30 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
Puerto Rico	9	5	2	2	17	7	17
Minnesota	9	4	0	5	14	8	17
San Antonio	9	4	1	4	11	9	16
Fort Lauderdale	10	3	3	4	15	17	13
Tampa Bay	10	3	4	3	11	13	12
Edmonton	9	2	5	2	11	12	8
Carolina	10	1	4	5	13	19	8
Atlanta	10	1	4	5	13	20	8

Sunday's result
Atlanta 2 Edmonton 1
Saturday's games — All Times Eastern
Minnesota at Carolina, 7 p.m.
Tampa Bay at Puerto Rico, 7:30 p.m.
Atlanta at San Antonio, 8:45 p.m.
Sunday's game
Fort Lauderdale at Edmonton, 4 p.m.

EURO 2012

All Times Eastern

FIRST ROUND

GROUP A
Friday's games
At Warsaw, Poland
Poland vs. Greece, noon
At Wroclaw, Poland
Russia vs. Czech Republic, 2:45 p.m.
GROUP B
Saturday's games
At Kharkiv, Ukraine
Netherlands vs. Denmark, noon
At Lviv, Ukraine
Germany vs. Portugal, 2:45 p.m.
GROUP C
Sunday's games
At Gdansk, Poland
Spain vs. Italy, noon
At Poznan, Poland
Ireland vs. Croatia, 2:45 p.m.
GROUP D
Monday, June 11
At Donetsk, Ukraine
France vs. England, noon
At Kiev, Ukraine
Ukraine vs. Sweden, 2:45 p.m.

WORLD CUP QUALIFYING

OCEANIA

SECOND ROUND
Yesterday's results
Group A
At Honiara, Solomon Islands
New Caledonia 9 Samoa 0
Tahiti 4 Vanuatu 1

FRIENDLIES

Yesterday's results
(home teams listed first)
Armenia 3 Kazakhstan 0
Austria 0 Romania 0
France 4 Estonia 0
Philippines 2 Indonesia 2
Sweden 2 Serbia 1
At Ingolstadt, Austria
Turkey 2 Ukraine 0

NBA PLAYOFFS

CONFERENCE FINALS

(Best of 7)
All Times Eastern

EASTERN CONFERENCE

MIAMI (2) VS. BOSTON (4)
(Series tied 2-2)
Last night's result
Boston at Miami
Sunday's result
Boston 93 Miami 91 (OT)
Tomorrow's game
Miami at Boston, 8:30 p.m.
Saturday's game
x-Boston at Miami, 8:30 p.m.

WESTERN CONFERENCE

SAN ANTONIO (1) VS. OKLAHOMA CITY (2)
(Oklahoma City leads series 3-2)
Monday's result
Oklahoma City 108 San Antonio 103
Saturday's result
Oklahoma City 109 San Antonio 103
Tonight's game
San Antonio at Oklahoma City, 9 p.m.
Friday's game
x-Oklahoma City at San Antonio, 9 p.m.
x — played only if necessary.

LATE MONDAY

THUNDER 108, SPURS 103

OKLAHOMA CITY (108)
Durant 10-19 5-6 27, Ibaka 4-6 1-2 9, Perkins 1-4 2-2 4, Westbrook 9-24 5-5 23, Sefolosha 2-4 0-0 5, Collison 3-3 0-0 6, Harden 6-11 5-6 20, Fisher 2-6 2-2 6, Cook 3-3 0-0 8. **Totals** 40-80 20-23 108.
SAN ANTONIO (103)
Leonard 1-4 2-2 4, Duncan 7-10 4-5 18, Diaw 2-5 0-0 5, Parker 5-14 10-12 20, Ginobili 11-21 7-8 34, Blair 1-1 0-0 2, Neal 0-6 2-2 2, Bonner 0-0 0-0 0, S.Jackson 5-9 0-0 13, Green 0-2 0-0 0, Splitter 2-2 1-2 5. **Totals** 34-74 26-31 103.

Oklahoma City	26	26	29	27—108
San Antonio	21	23	28	31—103

3-Point Goals—Oklahoma City 8-21 (Harden 3-4, Cook 2-2, Durant 2-6, Sefolosha 1-3, Fisher 0-2, Westbrook 0-4), San Antonio 9-24 (Ginobili 5-10, S.Jackson 3-6, Diaw 1-2, Parker 0-1, Leonard 0-1, Green 0-1, Neal 0-3). Fouled Out—Perkins. Rebounds—Oklahoma City 40 (Perkins 10), San Antonio 48 (Duncan 12). Assists—Oklahoma City 22 (Westbrook 12), San Antonio 23 (Ginobili 7). Total Fouls—Oklahoma City 25, San Antonio 25. Technicals—Perkins. A—18,581 (18,797) at San Antonio, Texas.

CYCLING

CRITERIUM DU DAUPHINE

At Saint-Felicien, France
Yesterday's results
Second stage — 160 kilometres
1. Daniel Moreno, Spain, Katusha, four hours, two minutes, 38 seconds; 2. Julien Simon, France, Saur-Sojasun, s.t.; 3. Tony Gallopin, France, RadioShack-Nissan, s.t.; 4. Rinaldo Nocentini, Italy, AG2R La Mondiale, s.t.; 5. Jurgen Van Den Broeck, Belgium, Lotto Belisol, s.t.; 6. Luis Leon Sanchez, Spain, Rabobank, s.t.; 7. Cadel Evans, Australia, BMC, s.t.; 8. Janez Brajkovic, Slovenia, Astana, s.t.; 9. Bradley Wiggins, Britain, Sky Procycling, s.t.; 10. Thomas Voeckler, Germany, Europcar, s.t.
Overall Standings (after two stages)
1. Bradley Wiggins, Britain, Sky Procycling, eight hours 45 minutes 42 seconds; 2. Cadel Evans, Australia, BMC Racing, one second behind; 3. Andriy Grivko, Ukraine, Astana, 0:02; 4. Carlos Barredo, Spain, Rabobank, same time; 5. Tony Martin, Germany, Omega Pharma-Quick Step, 0:04; 6. Paul Martens, Germany, Rabobank, s.t.

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Bragging rights back in the saddle

ALL PHOTOS WHEELBASE

Engines

On the powertrain front, the Mustang V6 and Boss 302 ratings are unchanged at 305 and 444 horsepower, respectively. However the V8-powered GT now makes 420 horsepower, up eight. In addition, the six-speed manual-transmission cars now have "hill start assist" that prevents the vehicle from rolling backward on an incline.

2013 Mustangs receive a new hood and a larger grille.

Interior

The interior remains a familiar spot, unless you select the newly optional cloth or leather-covered Recaro-brand sport-seat option that provides significant support when cornering. Also available is a Track Apps dashboard information screen that shows cornering g-forces, acceleration times and braking intervals.

2013 Ford Mustang

- **Type.** Two-door, rear-wheel-drive sport coupe/convertible.
- **Engines (hp):** 3.7-litre DOHC V6 (305); 5.0-litre DOHC V8 (420/444); 5.8-litre DOHC V8, supercharged (662).
- **Base Price (incl. destination):** $25,500.

Wide price range

Naturally, Mustangs feature something for every budget, beginning at $25,500 for the base V6 coupe and $32,500 for the convertible, ranging all the way up to $63,200 for the Shelby GT 500 coupe ($68,200 for the soft top).

Review. Ford pokes and prods its pony to perfection

MALCOLM GUNN
Wheelbase Media

During the 1950s and early 1960s, there were dramatic year-over-year changes in North American automobile design. Back then it was referred to as "planned obsolescence." Now, more than 50 years later, Ford has seemingly revived this pattern with the Mustang.

The rapidity of renewal with the original ponycar is understandable … sort of. Without question, General Motors' Chevrolet division has painted a giant bulls eye on the Mustang's hindquarters and is taking direct aim by drawing the latest Camaro from its quiver. It's a game of automotive one-upmanship that shows no signs of abating.

The Camaro has been a burr in the Mustang's saddle ever since the latest edition arrived for the 2010 model year. As it stands now, the Camaro holds a slight sales lead and has recently bolstered its position with the Corvette-powered 580-horsepower ZL1 model.

The response from Ford is predictable and formidable. As of right now you can order a 2013 Mustang-based Shelby GT500 with a cranium-snapping 662 horsepower. The extra 112-horse punch is delivered by a new supercharged 5.8-litre V8 that replaces the previous 550-horsepower 5.4-litre thoroughbred. Carroll Shelby, who died May 11 at age 89, has his name on the most powerful production Mustang of all time.

In fact, the non-partisan Society of Automotive Engineers determined that the new GT500 has the world's most potent production-spec V8, giving Ford significant bragging rights while it awaits Chevy's response. Where it will eventually wind up is anyone's guess, but for now enthusiasts from Comox to Come By Chance are predictably in awe of the power parade.

5 DRIVE

Top Gear

Dents be gone

Fixing minor dings, chips or holes in your vehicle doesn't have to be a hugely expensive affair where buying even minimum quantities of everything you need would still be wasting a bunch of money. The Bondo Small Dent Repair Kit comes with all the necessary items to help give a professional finish to your bodywork. Each kit comes with six ounces of lightweight body filler, glaze, a spreader, a mixer, and one sheet each of 80, 180 and 320-grit sandpaper that you progressively use to make the repair smoother. Admittedly the process is not for the faint of heart, but once the job is completed, you're ready to prime and paint. You can purchase this product at many department or automotive-specialty stores, or from a number of online sites such as amazon.com for $15-$18 US. You can also check out the complete line of 3M/Bondo car care products at 3Mcarcare.com.

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Get your feet off the dash, for safety's sake

Driving Force. Both passengers and drivers should take heed, as the possible dangers are quite horrific

JIL MCINTOSH
drive@metronews.ca

If you allow passengers to ride with their feet on the dash, or if you do it yourself, it's time to sit up straight. While it may be cool to ride this way, even a slight mishap could result in serious injury or death.

That's because the dash contains an airbag that, in even a minor collision, can deploy at speeds of more than 200 km/h. If a passenger has her feet on the dash, the airbag could slam her knees into her face, or drive her thigh bones through her pelvis. Ultimately, she might never walk properly again.

"The seats and seatbelts aren't designed for people to be slouched down in a lounge position," says Teresa Di Felice, director of driving training for CAA South Central Ontario.

"They were designed that you sit upright, with your back and feet in the proper spot, and the seatbelt across your shoulder."

When someone rides like this, she isn't just a danger to herself, Di Felice says.

Her legs can block the driver's view of the passenger-side windshield or exterior mirror, and "it can also be considered a distraction for the person driving or the people around them who see it," she says.

Airbags are part of the vehicle's overall safety system.

They help prevent serious injuries by keeping front-seat occupants from hitting the dash or windshield, but they work in conjunction with the seatbelts, which keep people at a safe distance when the airbags deploy.

You may have seen them blow up gently like pillows in movies, or in slow-motion crash-test films.

In reality, they explode and deflate so quickly that you can't see it happen. They go off like a gunshot, and they're rock-hard before they deflate.

It's also important for drivers to be in the correct position, since there's an airbag inside the steering wheel. Hold the wheel at the 9-and-3 position, which is the safest.

If you just hold the wheel at the top, it can smash your knuckles (and your jewellery) into your face if the airbag deploys. And never turn the wheel by "hooking" it, with your hand inside and your palm facing you: the airbag will shatter your wrist or elbow.

"No one ever expects to get into a crash," Di Felice says.

"It's everyone's responsibility to think about how to be safe."

Advice worth noting

- Always wear your seatbelt over your hips and across your collarbone, as these large bones can take the impact. If you tuck the belt under your arm, it can break your ribs in a crash. If you put it behind you, it won't protect you from the airbag.
- Never ride with a pet on your lap in the front seat. A deploying airbag can kill the animal, and also force it into your abdomen, causing internal injuries.

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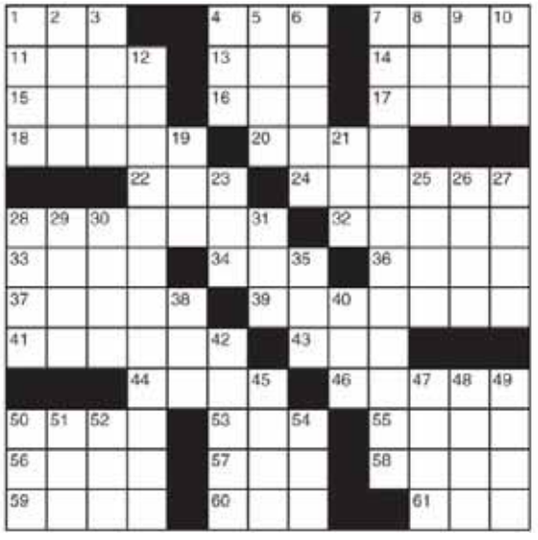
Crossword

Across

1 Ottoman official
4 Braying beast
7 Prejudice
11 "No ifs, ands, or —"
13 Spot on a domino
14 Aware of
15 Cornfield invader
16 — out a living
17 Individuals
18 Plant of the cashew family
20 Sentry's call
22 Wrigley product
24 Touchtone feature
28 No purebred
32 Isolated
33 Author James
34 Paving gunk
36 Greek vowel
37 Startle
39 Arrested
41 Liverpool's river
43 Luau side dish
44 Tiny branch
46 Medication measures
50 Leslie Caron role
53 Sprite
55 Troop group
56 Leif's father
57 Appomattox surrenderer
58 Ganges garment
59 Halloween face
60 Morning moisture
61 Apiece

Down

1 Basic learning
2 Mentor
3 Fermi's bit
4 Mimic
5 Monotheist of India
6 Orate
7 Destiny's Child song
8 Hostel
9 Noshed
10 "Mayday!"
12 Boastful officer's wand
19 Scoundrel
21 Meadow
23 Encountered
25 Milne bruin
26 Initial stake
27 Out of play
28 Sir's counterpart
29 Coquettish glance
30 In the neighbourhood
31 Once around the track
35 Sartorial woe
38 Kitten's comment
40 Affirmative action?
42 Relinquish
45 Merriment
47 Break suddenly
48 Green land
49 Mix
50 Jewel
51 Savings acronym
52 USO audience
54 A handful



Sudoku

4								9
	3		8	9	2		6	
	5						2	
		7	2		1	5		
	2						7	
		6	4		3	1		
	4						3	
	1		6	4	7		5	
9								4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	9	4	5	3	6	1	2	7
6	2	7	1	4	9	3	5	8
5	1	3	2	8	7	6	4	9
9	8	1	3	6	4	2	7	5
2	3	6	8	7	5	4	9	1
4	7	5	9	1	2	8	6	3
1	5	2	4	9	3	7	8	6
3	6	9	7	2	8	5	1	4
7	4	8	6	5	1	9	3	2

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

QH G UIV QY KCYFQEU SQY OGKC HCCF PE G OGKKPPL YCGF, VPI LQUSF HQEM VPIKYCAH G FPCM YFPPA.

Yesterday's Cryptoquip: POSING SOPRANO SILLS HAD MARRIED SINGER DON OR PHIL, SHE'D BE NAMED BEVERLY EVERLY.

Today's Cryptoquip Clue: H equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. According to the planets you have been taking it easy and doing just enough to get by, but that must now change.

Taurus | April 21 - May 21. You may think you are a law unto yourself but even a Taurus has to toe the line occasionally and if you are smart you will tone down your act a bit over the next few days.

Gemini | May 22 - June 20. You will be pleasantly surprised how helpful people are today.

Cancer | June 21 - July 22. You may have some serious issues to deal with but that does not mean you cannot have fun.

Leo | July 23 - Aug. 22. Avoid petty arguments and focus your energy on things that really matter.

Virgo | Aug. 23 - Sept. 22. This will be one of those days when no matter how hard you try to get your head around what's going on you just can't make the connection.

Libra | Sept. 23 - Oct. 22. You need to be more adventurous. That applies to all areas of your life but especially to your work where you could miss out on a golden opportunity if you are afraid to take a risk.

Scorpio | Oct. 23 - Nov. 21. Try not to be so judgmental today. Remember that people are supposed to be different. Make an effort to get along with someone you would not usually want to hang out with.

Sagittarius | Nov. 22 - Dec. 21. You have serious duties to perform but you must also make time for the lighter side of life.

Capricorn | Dec. 22 - Jan 20. Things are rarely as bad as they seem, so throw yourself into a task you enjoy and before you know it you will have forgotten all about . . . well, whatever it was you were getting worked up about.

Aquarius | Jan. 21 - Feb 18. You can sense that so much is possible. But don't get carried away, especially where romance is concerned. Head and heart must be balanced.

Pisces | Feb. 19 - March 20. Whatever good ideas you have today you are advised to do something with them quickly, because later in the week you may not have time to do them justice.

SALLY BROMPTON

Caption Contest

"Sweet ... I've always wanted a fascinator."
Tak

ANA VENEGAS/THE ORANGE COUNTY REGISTER/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

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"The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2012 Elantra Touring GL 5-Speed Manual/2012 Accent 4dr L 6-speed Manual/2012 Sonata GL 6-speed Manual/2012 Tucson L 5-Speed Manual with an annual finance rate of 0%/0.9%/0%/0% for 60/84/84/24 months. Bi-weekly payment is $139/$84/$135/$366. No down payment is required. Cost of Borrowing is $0/$471/$0/$0. Finance offers include Delivery and Destination of $1,495/$1,495/$1,565/$1,760, fees, levies, and all applicable charges (excluding HST). Registration, insurance, PPSA and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2012 Sonata GL 6-speed Manual for $24,400 at 0% per annum equals $135 bi-weekly for 84 months for a total obligation of $24,400. Cash price is $24,400. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,565, fees, levies, and all applicable charges (excluding HST). Registration, insurance, PPSA and license fees are excluded. ▼Fuel consumption for 2012 Elantra Touring GL 5-Speed Manual(HWY 6.4L/100KM; City 8.9L/100KM)/2012 Accent L 4D 6-Speed (HWY 4.9L/100KM; City 6.7L/100KM)/2012 Sonata GL 6-Speed (HWY 5.7L/100KM; City 8.7L/100KM)/2012 Tucson L 5-speed (HWY 7.4L/100KM; City 10.1L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. *Lower pricing available on 2012 Elantra Touring and 2012 Tucson. 0% financing available on 2012 Elantra Touring GL, 2012 Sonata and 2012 Tucson. **$1,835/$1,565/$1,760, fees, levies, and all applicable charges included Touring GL 5-Speed Manual/2012 Tucson L 5-speed Manual and you will be entitled to a $1,835/$2,900 factory to dealer credit. Factory to dealer credit applies before taxes. Offer cannot be combined or used in conjunction with any other available credits. Offer is non-transferable and cannot be assigned. ΩNo vehicle trade-in required. ΩPurchase or lease a 2012 Elantra Touring/2012 Accent/2012 Sonata/2012 Tucson during the Triple Savings Event and you will receive a Preferred Price Petro-Canada Gas Card worth $160 (20¢/L)/2012 Elantra Touring, 2012 Accent and 2012 Sonata/$250 (20¢/L)/2012 Tucson. Based on Energuide combined fuel consumption rating for the 2012 Elantra Touring Auto (7.7L/100km)/2012 Accent Manual (6.9L/100km)/2012 Sonata Auto (7.3L/100km)/2012 Tucson 2.0L Auto (7.9L/100km) at 15,400km/year. Yearly average driving distance (Transport Canada's Provincial Light Vehicle Fleet Statistics, 2012)). this is equivalent to $0.20 (20¢/L)/2012 Elantra Touring, 2012 Accent and 2012 Sonata/$0.25 (20¢/L)/2012 Tucson) per litre savings on each litre of gas up to a total of 800 Litres (200 Litres/2012 Elantra Touring and 2012 Sonata/1,000 Litres (250 Litres/2012 Tucson). ♦‡ΩOffers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.